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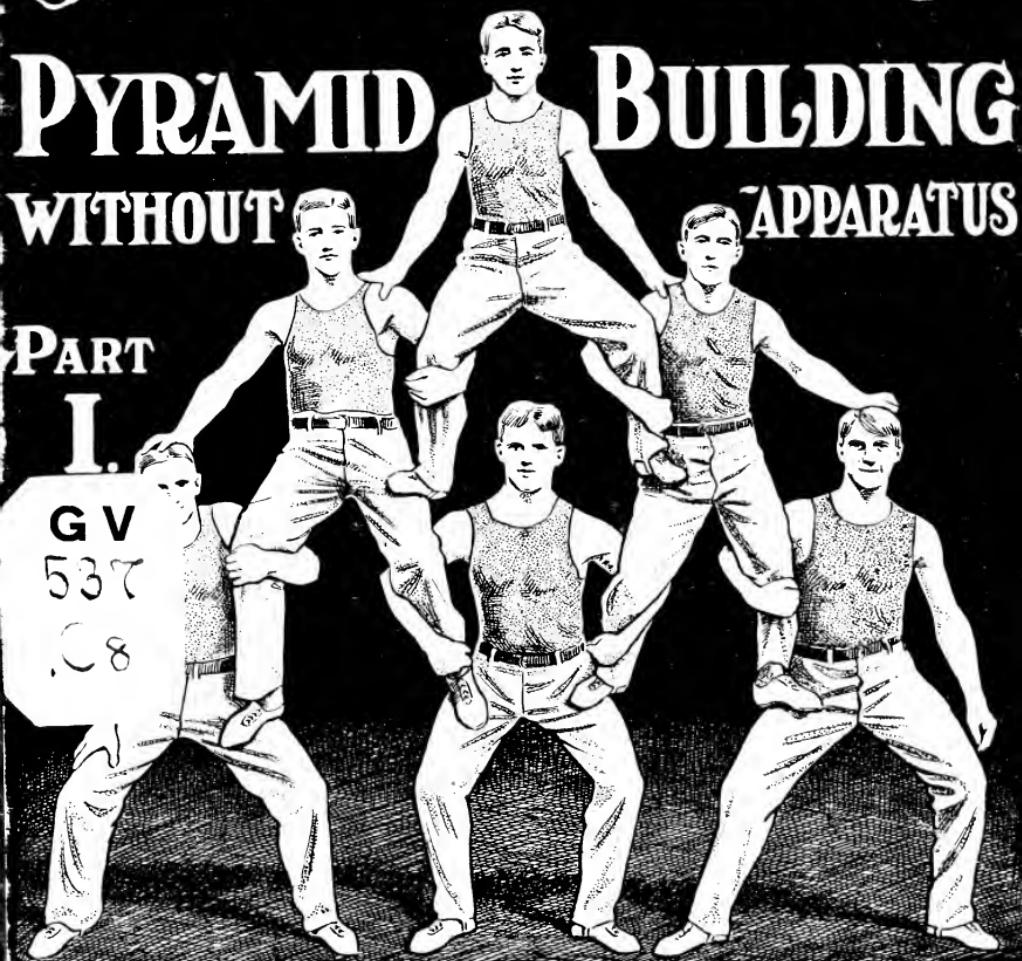
SPALDING'S

ATHLETIC LIBRARY

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By W. J. CROMIE

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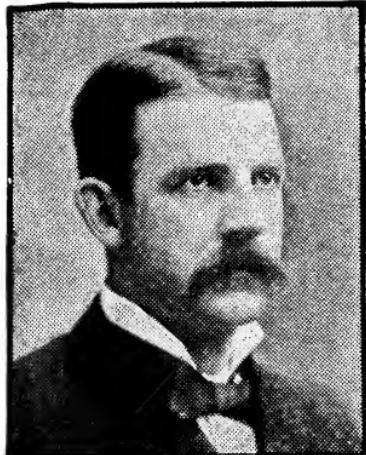
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Spalding's Athletic Library



A. G. SPALDING

Anticipating the present tendency of the American people toward a healthful method of living and enjoyment, Spalding's Athletic Library was established in 1892 for the purpose of encouraging athletics in every form, not only by publishing the official rules and records pertaining to the various pastimes, but also by instructing, until to-day Spalding's Athletic Library is unique in its own particular field and has been conceded the greatest educational series on athletic and physical training subjects that has ever been compiled.

The publication of a distinct series of books devoted to athletic sports and pastimes and designed to occupy the premier place in America in its class was an early idea of Mr. A. G. Spalding, who was one of the first in America to publish a handbook devoted to athletic sports, Spalding's Official Base Ball Guide being the initial

number, which was followed at intervals with other handbooks on the sports prominent in the '70s.

Spalding's Athletic Library has had the advice and counsel of Mr. A. G. Spalding in all of its undertakings, and particularly in all books devoted to the national game. This applies especially to Spalding's Official Base Ball Guide and Spalding's Official Base Ball Record, both of which receive the personal attention of Mr. A. G. Spalding, owing to his early connection with the game as the leading pitcher of the champion Boston and Chicago teams of 1872-76. His interest does not stop, however, with matters pertaining to base ball; there is not a sport that Mr. Spalding does not make it his business to become familiar with, and that the Library will always maintain its premier place, with Mr. Spalding's able counsel at hand, goes without saying.

The entire series since the issue of the first number has been under the direct personal supervision of Mr. James E. Sullivan, President of the American Sports Publishing Company, and the total series of consecutive numbers reach an aggregate of considerably over three hundred, included in which are many "annuals," that really constitute the history of their particular sport in America year by year, back copies of which are even now eagerly sought for, constituting as they do the really first authentic records of events and official rules that have ever been consecutively compiled.

When Spalding's Athletic Library was founded, seventeen years ago, track and field athletics were practically unknown outside the larger colleges and a few athletic clubs in the leading cities, which gave occasional meets, when an entry list of 250 competitors was a subject of comment; golf was known only by a comparatively few persons; lawn tennis had some vogue and base ball was practically the only established field

EDITORS OF SPALDING'S ATHLETIC LIBRARY

sport, and that in a professional way; basket ball had just been invented; athletics for the schoolboy—and schoolgirl—were almost unknown, and an advocate of class contests in athletics in the schools could not get a hearing. To-day we find the greatest body of athletes in the world is the Public Schools Athletic League of Greater New York, which has had an entry list at its annual games of over two thousand, and in whose "elementary series" in base ball last year 106 schools competed for the trophy emblematic of the championship.

While Spalding's Athletic Library cannot claim that the rapid growth of athletics in this country is due to it solely, the fact cannot be denied that the books have had a great deal to do with its encouragement, by printing the official rules and instructions for playing the various games at a nominal price, within the reach of everyone, with the sole object that its series might be complete and the one place where a person could look with absolute certainty for the particular book in which he might be interested.

In selecting the editors and writers for the various books, the leading authority in his particular line has been obtained, with the result that no collection of books on athletic subjects can compare with Spalding's Athletic Library for the prominence of the various authors and their ability to present their subjects in a thorough and practical manner.

A short sketch of a few of those who have edited some of the leading numbers of Spalding's Athletic Library is given herewith:



JAMES E. SULLIVAN

President American Sports Publishing Company; entered the publishing house of Frank Leslie in 1878, and has been connected continuously with the publishing business since then and also as athletic editor of various New York papers; was a competing athlete; one of the organizers of the Amateur Athletic Union of the United States; has been actively on its board of governors since its organization until the present time, and President for two successive terms; has attended every champion-

ship meeting in America since 1879 and has officiated in some capacity in connection with American amateur championships track and field games for nearly twenty-five years; assistant American director Olympic Games, Paris, 1900; director Pan-American Exposition athletic department, 1901; chief department physical culture Louisiana Purchase Exposition, St. Louis, 1904; secretary American Committee Olympic Games, at Athens, 1906; honorary director of Athletics at Jamestown Exposition, 1907; secretary American Committee Olympic Games, at London, 1908; member of the Pastime A. C., New York; honorary member Missouri A. C., St. Louis; honorary member Olympic A. C., San Francisco; ex-president Pastime A. C., New Jersey A. C., Knickerbocker A. C.; president Metropolitan Association of the A. A. U. for fifteen years; president Outdoor Recreation League; with Dr. Luther H. Gulick organized the Public Schools Athletic League of New York, and is now chairman of its games committee and member executive committee; was a pioneer in playground work and one of the organizers of the Outdoor Recreation League of New York; appointed by President Roosevelt as special commissioner to the Olympic Games at Athens, 1906, and decorated by King George I. of the Hellenes (Greece) for his services in connection with the Olympic Games; appointed special commissioner by President Roosevelt to the Olympic Games at London, 1908; appointed by Mayor McClellan, 1908, as member of the Board of Education of Greater New York.

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WALTER CAMP

For quarter of a century Mr. Walter Camp of Yale has occupied a leading position in college athletics. It is immaterial what organization is suggested for college athletics, or for the betterment of conditions, insofar as college athletics is concerned. Mr. Camp has always played an important part in its conferences, and the great interest in and high plane of college sport to-day, are undoubtedly due more to Mr. Camp than to any other individual. Mr. Camp has probably written more on college

athletics than any other writer and the leading papers and magazines of America are always anxious to secure his expert opinion on foot ball, track and field athletics, base ball and rowing. Mr. Camp has grown up with Yale athletics and is a part of Yale's remarkable athletic system. While he has been designated as the "Father of Foot Ball," it is a well known fact that during his college career Mr. Camp was regarded as one of the best players that ever represented Yale on the base ball field, so when we hear of Walter Camp as a foot ball expert we must also remember his remarkable knowledge of the game of base ball, of which he is a great admirer. Mr. Camp has edited Spalding's Official Foot Ball Guide since it was first published, and also the Spalding Athletic Library book on How to Play Foot Ball. There is certainly no man in American college life better qualified to write for Spalding's Athletic Library than Mr. Camp.



DR. LUTHER HALSEY GULICK

The leading exponent of physical training in America; one who has worked hard to impress the value of physical training in the schools; when physical training was combined with education at the St. Louis Exposition in 1904 Dr. Gulick played an important part in that congress; he received several awards for his good work and had many honors conferred upon him; he is the author of a great many books on the subject; it was Dr. Gulick, who, acting on the suggestion of James E. Sullivan,

organized the Public Schools Athletic League of Greater New York, and was its first Secretary; Dr. Gulick was also for several years Director of Physical Training in the public schools of Greater New York, resigning the position to assume the Presidency of the Playground Association of America. Dr. Gulick is an authority on all subjects pertaining to physical training and the study of the child.



JOHN B. FOSTER

Successor to the late Henry Chadwick ("Father of Base Ball") as editor of Spalding's Official Base Ball Guide; sporting editor of the New York Evening Telegram; has been in the newspaper business for many years and is recognized throughout America as a leading writer on the national game; a staunch supporter of organized base ball, his pen has always been used for the betterment of the game.

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TIM MURNANE

Base Ball editor of the Boston Globe and President of the New England League of Base Ball Clubs; one of the best known base ball men of the country; known from coast to coast; is a keen follower of the game and prominent in all its councils; nearly half a century ago was one of America's foremost players; knows the game thoroughly and writes from the point of view both of player and an official.



HARRY PHILIP BURCHELL

Sporting editor of the New York Times; graduate of the University of Pennsylvania; editor of Spalding's Official Lawn Tennis Annual; is an authority on the game; follows the movements of the players minutely and understands not only tennis but all other subjects that can be classed as athletics; no one is better qualified to edit this book than Mr. Burchell.



Guide and also editor of the Spalding Athletic Library book on How to Play Basket Ball.

GEORGE T. HEPBRON

Former Young Men's Christian Association director; for many years an official of the Athletic League of Young Men's Christian Associations of North America; was connected with Dr. Luther H. Gulick in Young Men's Christian Association work for over twelve years; became identified with basket ball when it was in its infancy and has followed it since, being recognized as the leading exponent of the official rules; succeeded Dr. Gulick as editor of the Official Basket Ball



JAMES S. MITCHEL

Former champion weight thrower; holder of numerous records, and is the winner of more championships than any other individual in the history of sport; Mr. Mitchel is a close student of athletics and well qualified to write upon any topic connected with athletic sport; has been for years on the staff of the New York Sun.

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MICHAEL C. MURPHY



The world's most famous athletic trainer; the champion athletes that he has developed for track and field sports, foot ball and base ball fields, would run into thousands; he became famous when at Yale University and has been particularly successful in developing what might be termed championship teams; his rare good judgment has placed him in an enviable position in the athletic world; now with the University of Pennsylvania; during his career has trained only at two colleges and one athletic club, Yale and the University of Pennsylvania and Detroit Athletic Club; his most recent triumph was that of training the famous American team of athletes that swept the field at the Olympic Games of 1908 at London.

DR. C. WARD CRAMPTON



Succeeded Dr. Gulick as director of physical training in the schools of Greater New York; as secretary of the Public Schools Athletic League is at the head of the most remarkable organization of its kind in the world; is a practical athlete and gymnast himself, and has been for years connected with the physical training system in the schools of Greater New York, having had charge of the High School of Commerce.

DR. GEORGE J. FISHER



Has been connected with Y. M. C. A. work for many years as physical director at Cincinnati and Brooklyn, where he made such a high reputation as organizer that he was chosen to succeed Dr. Luther H. Gulick as Secretary of the Athletic League of Y. M. C. A.'s of North America, when the latter resigned to take charge of the physical training in the Public Schools of Greater New York.

DR. GEORGE ORTON



On athletics, college athletics, particularly track and field, foot ball, soccer foot ball, and training of the youth, it would be hard to find one better qualified than Dr. Orton; has had the necessary athletic experience and the ability to impart that experience intelligently to the youth of the land; for years was the American, British and Canadian champion runner.

EDITORS OF SPALDING'S ATHLETIC LIBRARY



FREDERICK R. TOOMBS

A well known authority on skating, rowing, boxing, racquets, and other athletic sports; was sporting editor of American Press Association, New York; dramatic editor; is a lawyer and has served several terms as a member of Assembly of the Legislature of the State of New York; has written several novels and historical works.



R. L. WELCH

A resident of Chicago; the popularity of indoor base ball is chiefly due to his efforts; a player himself of no mean ability; a first-class organizer; he has followed the game of indoor base ball from its inception.



DR. HENRY S. ANDERSON

Has been connected with Yale University for years and is a recognized authority on gymnastics; is admitted to be one of the leading authorities in America on gymnastic subjects; is the author of many books on physical training.



CHARLES M. DANIELS

Just the man to write an authoritative book on swimming; the fastest swimmer the world has ever known; member New York Athletic Club swimming team and an Olympic champion at Athens in 1906 and London, 1908. In his book on Swimming, Champion Daniels describes just the methods one must use to become an expert swimmer.



GUSTAVE BOJUS

Mr. Bojus is most thoroughly qualified to write intelligently on all subjects pertaining to gymnastics and athletics; in his day one of America's most famous amateur athletes; has competed successfully in gymnastics and many other sports for the New York Turn Verein; for twenty years he has been prominent in teaching gymnastics and athletics; was responsible for the famous gymnastic championship teams of Columbia University; now with the Jersey City high schools.

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CHARLES JACOBUS

Admitted to be the "Father of Roque," one of America's most expert players, winning the Olympic Championship at St. Louis in 1904; an ardent supporter of the game and follows it minutely, and much of the success of roque is due to his untiring efforts; certainly there is no one better qualified to write on this subject than Mr. Jacobus.



DR. E. B. WARMAN

Well known as a physical training expert; was probably one of the first to enter the field and is the author of many books on the subject; lectures extensively each year all over the country.



W. J. CROMIE

Now with the University of Pennsylvania; was formerly a Y. M. C. A. physical director; a keen student of all gymnastic matters; the author of many books on subjects pertaining to physical training.



G. M. MARTIN

By profession a physical director of the Young Men's Christian Association; a close student of all things gymnastic, and games for the classes in the gymnasium or clubs.



PROF. SENAC

A leader in the fencing world; has maintained a fencing school in New York for years and developed a great many champions; understands the science of fencing thoroughly and the benefits to be derived therefrom.

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No. 210—How to Play Base Ball.

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No. 212—How to Bat.

There is no better way of becoming a proficient batter than by reading this book and practising the directions. Numerous illustrations. Price 10 cents.

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This book gives clear and concise directions for running the bases. Runner: tells when to run and when not to do so; how and when to slide; team work on the bases; in fact, every point of the game is thoroughly explained. Illustrated. Price 10 cents.

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No. 215—Ready Reckoner of Base Ball Statistics.

To supply a demand for a table which would show the percentage of clubs without recourse to the tedious work of figuring the publishers had these tables compiled by an expert. Price 10 cents.

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Something new in Base Ball. Contains records of all kinds from the beginning of the National League and official averages of all professional organizations for past season. 10 cents.

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The minors' own guide. Edited by President T. H. Murnane of the New England League. Price 10 cents.

No. 320—Official Handbook of the National League of Professional Base Ball Clubs.

Contains the Constitution, By-Laws, Official Rules, Averages and schedule of the National League for the current year, together with list of club officers and reports of the annual meeting of the League. Price 10 cents.

No. 321—Official Handbook National Playground Ball Association.

This game is specially adapted for playgrounds, parks, etc., is spreading rapidly. The book contains a description of the game, rules and officers. Price 10 cents.

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Edited by Walter Camp. Contains the new rules, with diagram of field; All-American team; and selected reviews of the leading authorities; reviews of the game from various sections of the country; scores; pictures. Price 10 cents.

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The most complete year book of the game that has ever been published in America. Reports of special matches, official rules and pictures of all the leading teams. Price 10 cents.

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Contents include reports of all important tournaments; official ranking from 1885 to date; laws of lawn tennis; instructions for playing; diagrams; decisions on doubtful points; management of tournaments; directory of clubs; laying out and keeping a court. Illustrated. Price 10 cents.

No. 157—How to Play Lawn Tennis.

A complete description of lawn tennis; a lesson for beginners and directions telling how to make the most important strokes. Illustrated. Price 10 cents.

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Edited by George T. Hepbron. Contains the revised official rules, decisions on disputed points, records of prominent teams, reports on the game from various parts of the country. Illustrated. Price 10 cents.

No. 193—How to Play Basket Ball.

By G. T. Hepbron, editor of the Official Basket Ball Guide. Illustrated with scenes of action. Price 10 cents.

No. 318—Official Basket Ball Guide for Women.

Edited by Miss Senda Berenson, of Smith College. Contains the official playing rules and special articles on the game by prominent authorities. Illustrated. Price 10 cents.

BASKET BALL AUXILIARY.

No. 323—Collegiate Basket Ball Handbook.

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The contents include: diagrams of effective deliveries; hints to beginners; how to score; official rules; spares, how they are made; parallel, cocked hat, quintet, cocked hat and feather, battle game, etc. Price 10 cents.

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No. 9—Spalding's Official Indoor Base Ball Guide.

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WILLIAM J. CROMIE
Instructor in Gymnastics, University of Pennsylvania, Philadelphia.

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GROUP XV.

No. 327

PYRAMID BUILDING WITHOUT APPARATUS

PART I

By WILLIAM J. CROMIE

Instructor in Gymnastics, University of
Pennsylvania, Philadelphia



AMERICAN SPORTS PUBLISHING COMPANY
21 WARREN STREET
NEW YORK

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FOREWORD

Five years ago, when the editor of this booklet was physical director of the Germantown Young Men's Christian Association, he organized a pyramid-building club among the members of the physical department.

Upon looking for suggestions concerning this line of work it was discovered that there were no American books devoted to pyramid building. Most of those that were to be had were published in either Germany or England, and were wood cut illustrations, many of which were impracticable. The editor then conceived the idea to photograph groups after practice, and thus have the illustrations serve as an incentive to greater endeavor among the members of this club, and furthermore to compile booklets which might be of use to other organizations and clubs.

The groups compiled in these booklets are merely suggestions, the editor claiming no originality, as one pyramid suggests dozens of others; in fact, there is no limit to the possibility of this form of exercise.

The editor desires to thank the men and boys of the Germantown Young Men's Christian Association who assisted in the work of building these groups, and to F. H. Benrath, who was the enthusiastic captain of the club for over two years. Credit is also due A. J. Himmelsbach, who is now physical director of the Germantown Young Men's Christian Association, and to H. L. Keire, W. H. Jacoby and J. H. Frick, who assisted in photographing the various groups.

The illustrations of the pyramids with steel wands in Part II (No. 329 of Spalding's Athletic Library, price 10 cents) were posed for by members of the pyramid club of the University of Pennsylvania, of which M. B. Homer is captain. The editor appreciates their co-operation.

W. J. CROMIE.

219.068

INTRODUCTION TO PYRAMIDS WITH AND WITHOUT APPARATUS

The building of human pyramids has had a long and honorable history among the peoples of Asia and the Levant. In Venice, the rival factions, the Castellans and Nicolites, were wont to settle their differences by these team contests of strength and skill.

These "Labors of Hercules," as they were called, were composed of as many as thirty men, built up in diminishing tiers. In these pyramids they formed wide-spreading arches, colonnades, and, in fact, all the wonders of architecture with their own bodies.

Tumbling is one of the most popular exercises in the gymnasium, but the learning of a progressive series of tumbling movements takes much training and more practice. In consequence, few members of a class attain any great perfection.

The building of pyramids is, however, within the reach of almost any average boy, and the variety is limited only by the skill of the members of the team.

Pyramid building cultivates daring and balance in the top men who have to climb, dismount and maintain their unstable footing, and it develops strength and muscular control in the supporting man, giving him that muscular sense by which a man learns to judge weight and the direction of forces. Nothing is better for the promotion of unselfish team work.

The well-built pyramid should always have architectural qualities, a succession of arches, horizontal, vertical or oblique lines, giving it unity of composition and solidity of construction. Much can be added to their effectiveness by the way mounts and dismounts are made and the posture of the team when at rest as well as in action.

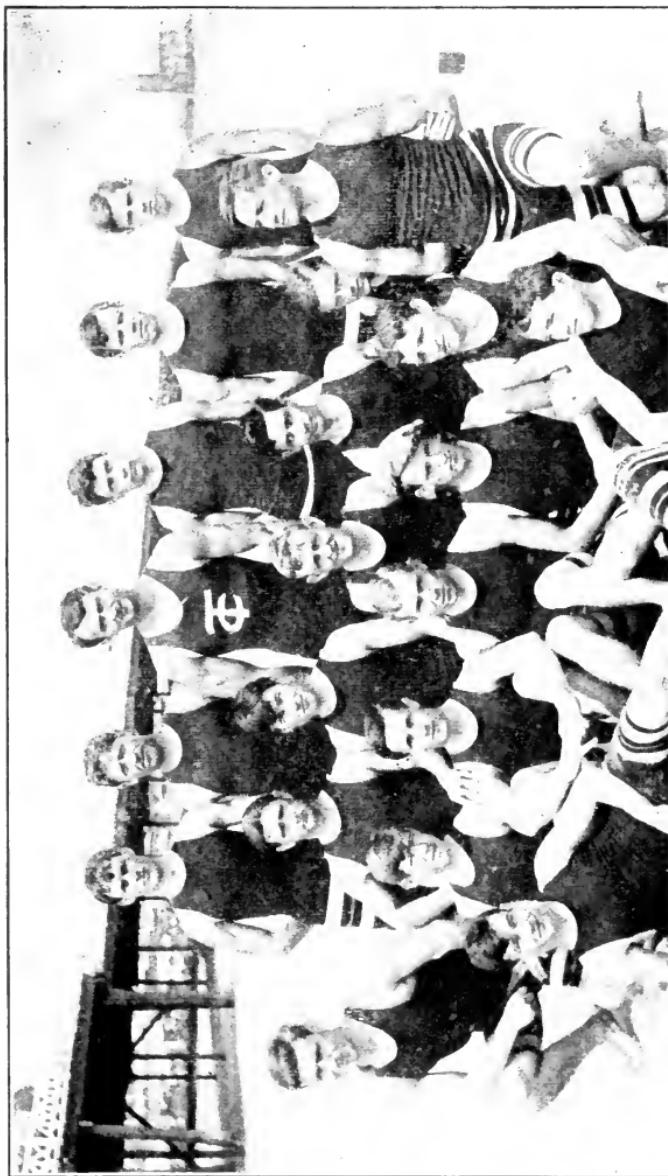
A team should be chosen with an eye to balance and the matching of figure to figure, and the graceful candidate should always have precedence over the awkward.

The possible combinations are greatly extended by the use of wands, chairs, tables, ladders, parallel bars, or the horizontal bar.

In bringing together the following typical pyramids with and without apparatus, Mr. Cromie has done a real service to this fascinating and beautiful specialty of gymnastics.

R. TAIT MCKENZIE.

University of Pennsylvania,
Philadelphia, Pa.



A GROUP OF GERMANTOWN Y. M. C. A. PYRAMID BUILDERS

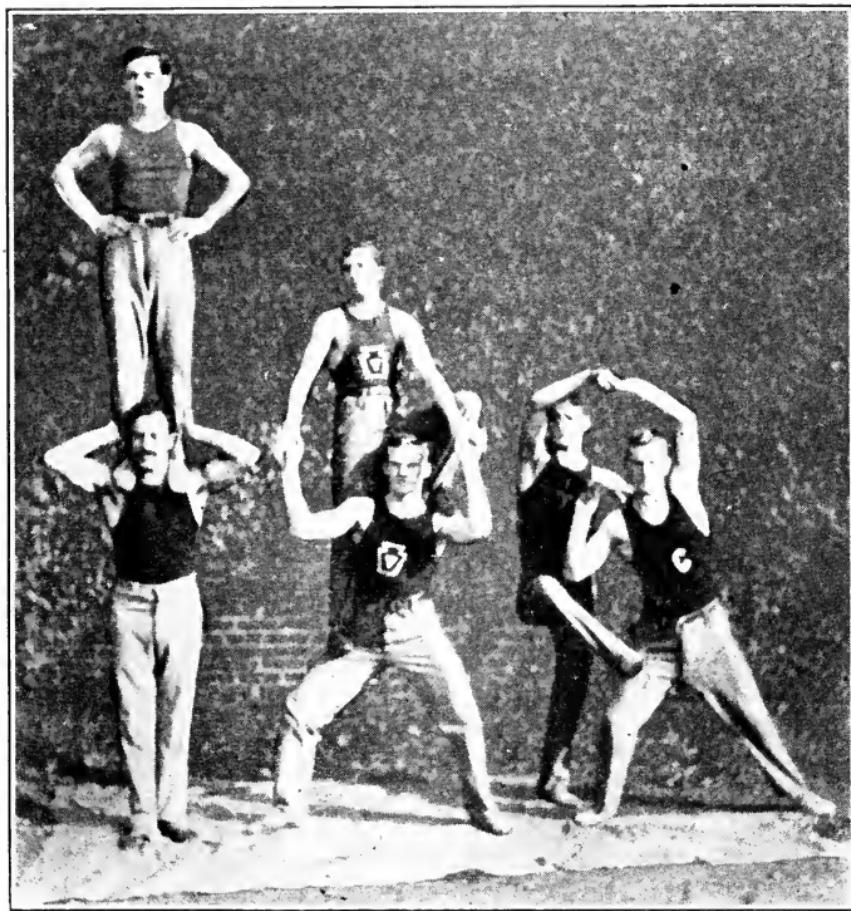


FIGURE No. 1. Shows how the mount to shoulders is accomplished.

In section 1 the bottom man gives the one who is mounting a reverse grasp of the left hand; the mounter places his right foot well up upon the bottom man's thigh. In section 2 the top man places his left foot upon the bottom man's left shoulder and in section 3 the other foot is brought up and the two high is complete. The bottom man takes a firm hold of the top man's ankles, while the top man presses his ankles hard against the under man's head.



FIGURE No. 2. The bottom man in section 1 places his head between the legs of upper man and raises him as in section 2. The two high sitting on shoulders, is accomplished as illustrated in sections 3 and 4.



FIGURE No. 3. The kneeling pyramid can be built 2, 3, 4, 5 or even 6 high, although 5 is about the best height, as the backs of the fifth tier are too slanting. An effective pyramid for an exhibition is 5 high for a center piece, two 4 high at each side of the center, 3 high at each side of the 4's, then 3 high, 2 high, and finally one at each end. This makes 55 men in all.

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FIGURE No. 4. This is the finish of the No. 3 pyramid. When the command to fall is given all men in the group should extend arms and legs together and all will "land" without getting hurt.

A novel way in an exhibition when the performers are on a stage is to buckle the strap of a suspended lunger around the body of the top man, and when the men "squash" as in the illustration the top man is "swimming" in mid-air.

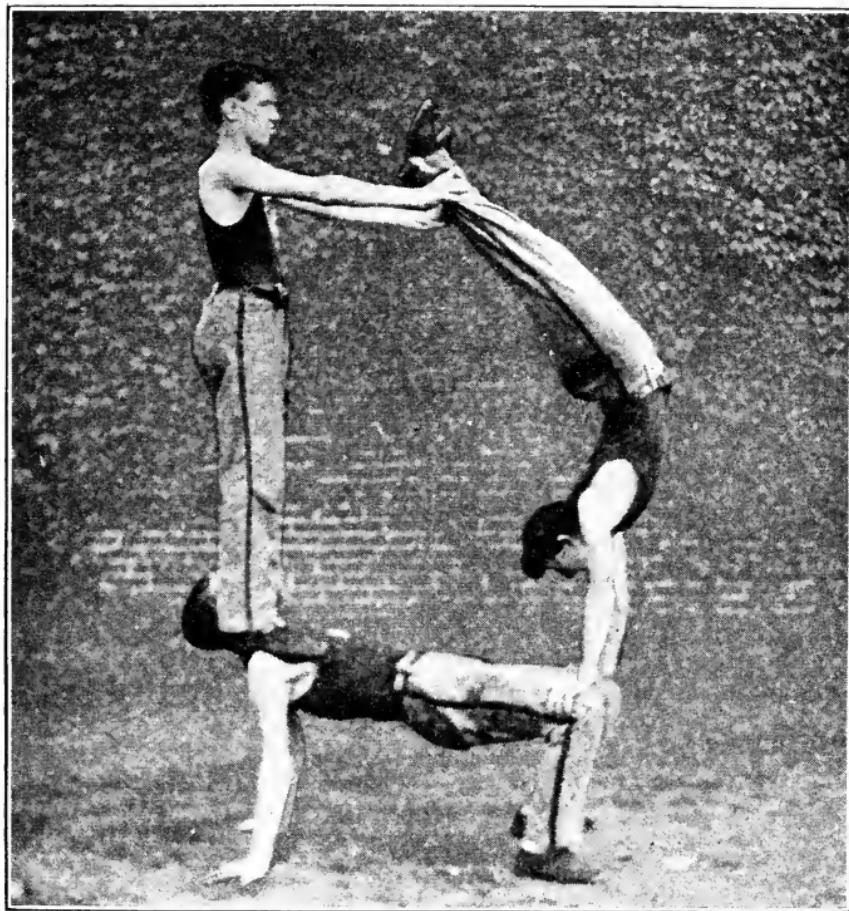


FIGURE No. 5. Many of the smaller pyramids can be performed in gymnasium classes. Last year a series of these were conducted at the University Gymnasium very successfully. Preliminary to building practice head and hand stands; one row of men assist the other. Practice sitting and standing on shoulders, etc.

In this illustration the men stand three deep. At count 1 a back leaning rest is performed, count 2 stand on shoulders, 3 hand stand, and 4, push hand stand away and dismount. Number 1 and 3 change places and repeat; then 2 and 3 change places. Each man shall then have performed all three positions in the pyramid.

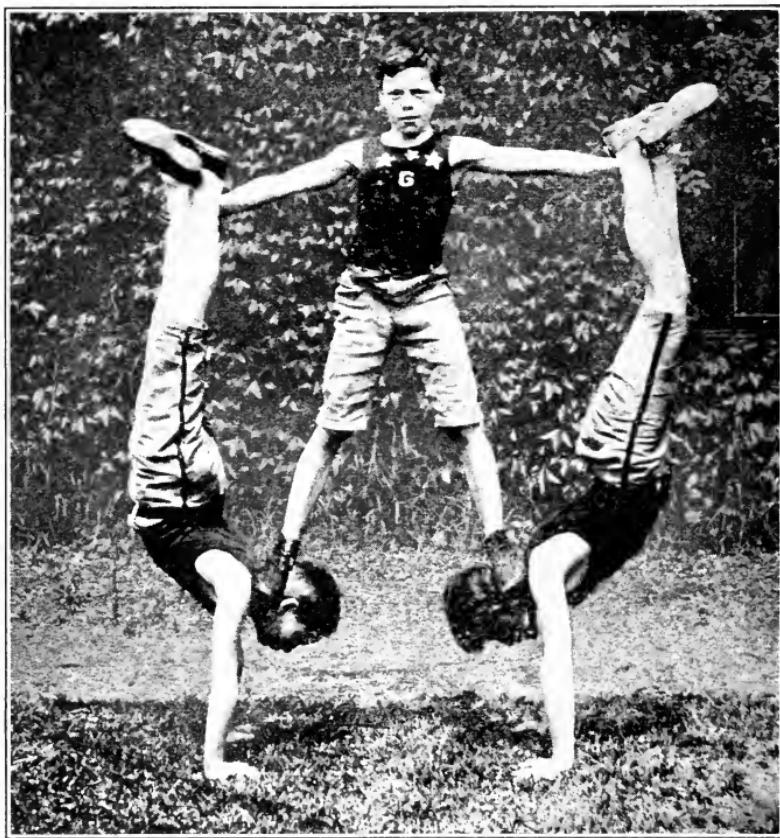


FIGURE No. 6. A neat balance feat; the boys like it.

The persons standing on hands should have heads up and backs well arched. Top man steps on necks lightly one foot after the other. The body is not so likely to turn if the feet are crossed, but not so graceful as when side by side.

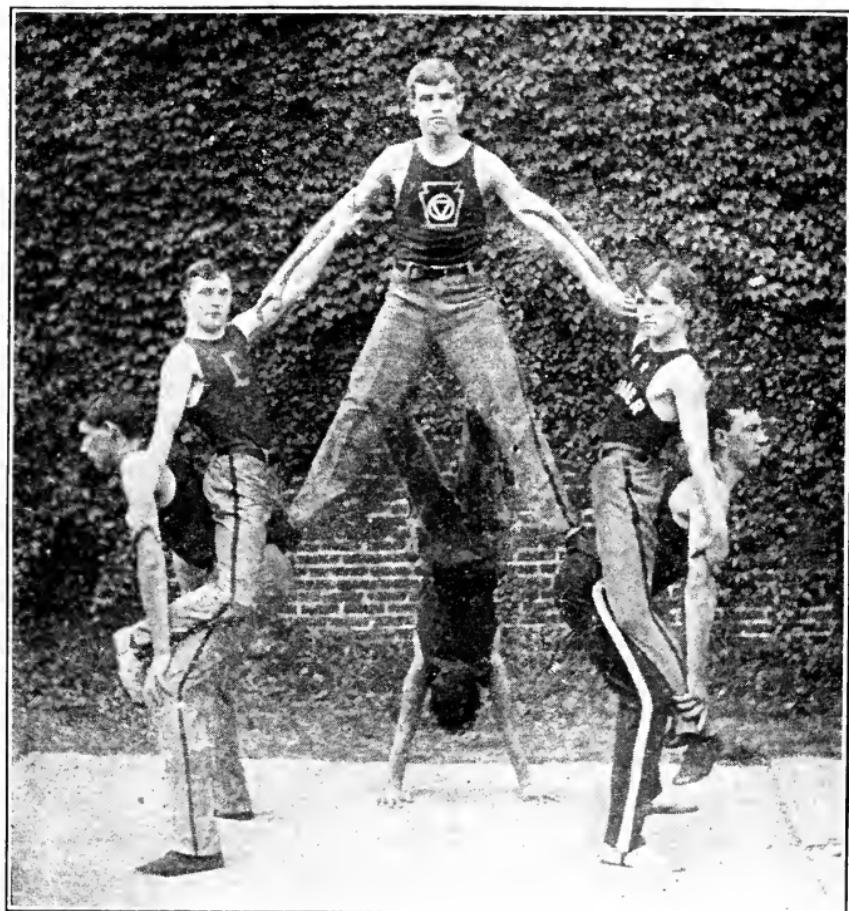


FIGURE No. 7. The two bottom men perform a stoop stand position and hold legs of the men in sitting posture. The hand stand looks better if performed in front.



FIGURE No. 8. The men standing should put the bulk of the weight upon the thighs of the center man and very little on the shoulders of the hand stand men.



FIGURE No. 9. This is a walking pyramid and looks nice if the men are all in step. Eight or ten such pyramids in line look well in an exhibition. Ten such pyramids will require 60 men, so large numbers can be used, and they are easy to execute.

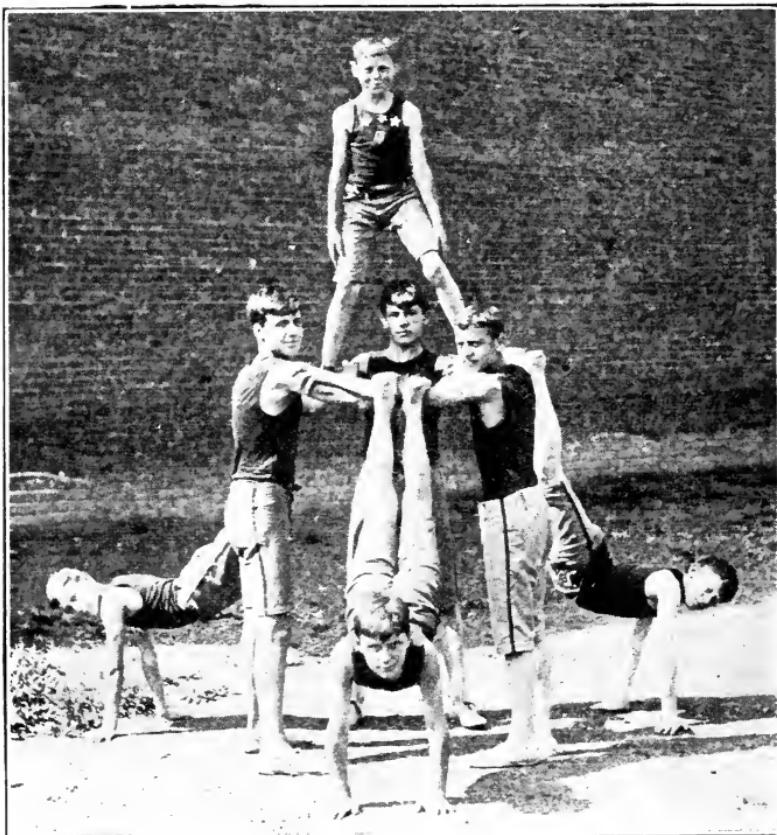


FIGURE No. 10. This is an excellent pyramid for boys, as it looks good, is easy of execution, and is not dangerous. The boys facing each other can help those on the hands either by starting from knees or by holding feet. It is not so hard to hold as a hand balance as it is between this and a front leaning rest. Eight or ten boys can form the circle; finish by the top boy jumping down in center; those on hands front roll, those standing back roll and center neck spring.

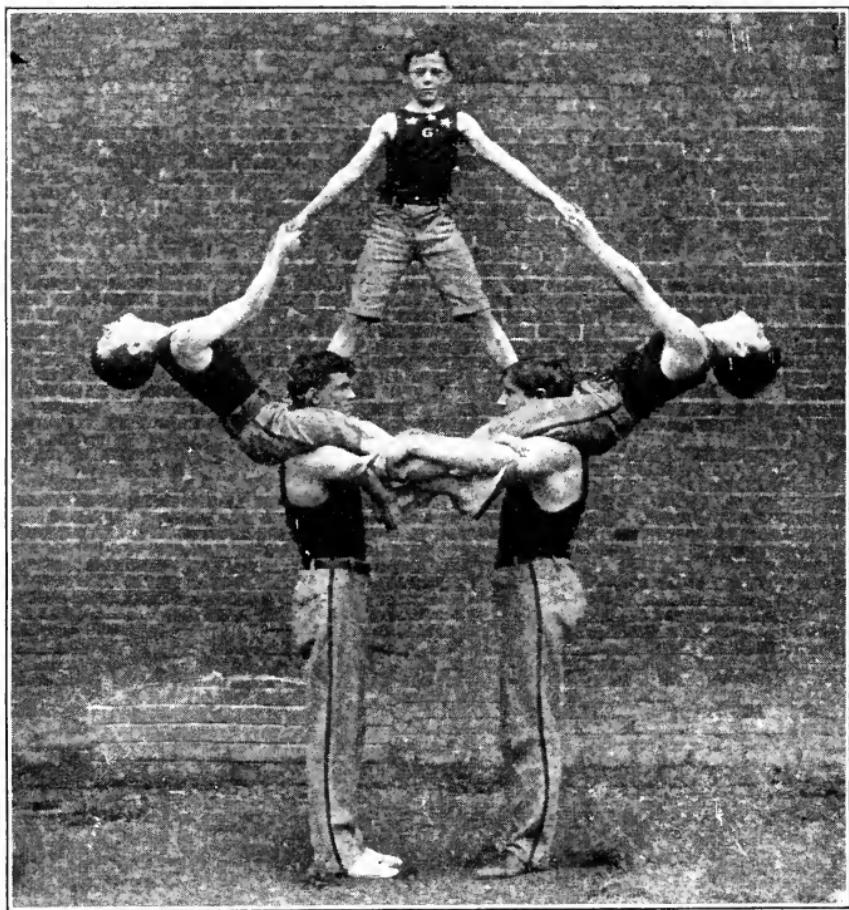


FIGURE NO. II. A number of these in a row or formed in a circle look well. Bottom men may start from kneeling position.

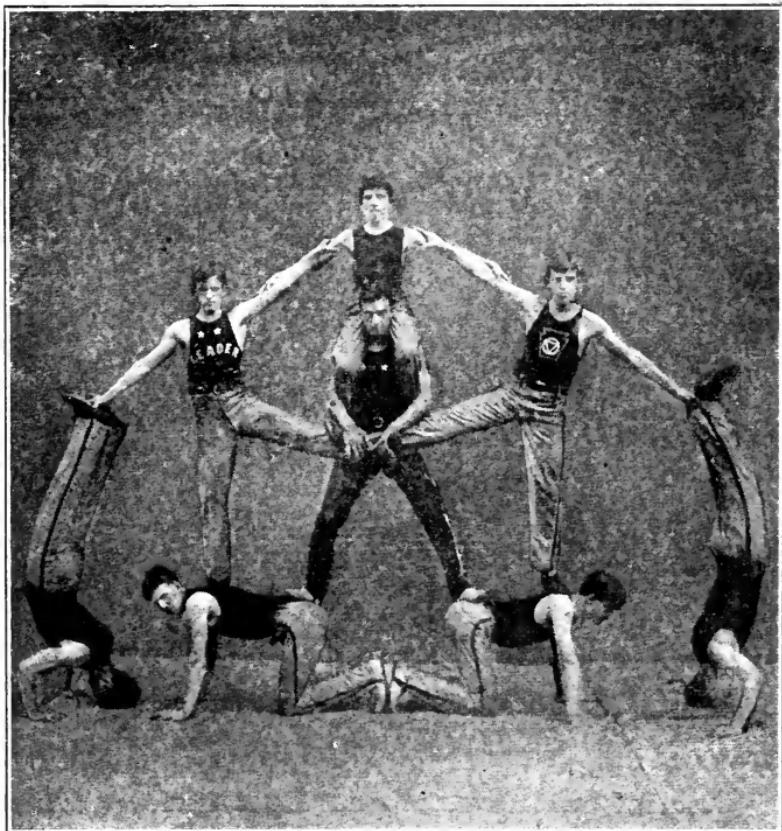


FIGURE No. 12. All pyramid building, if possible, should be done to counting, clapping hands, whistles, etc. For instance: All men facing front, and at count 1, men kneel, 2 center man raise other to shoulder, 3 step on hips of those kneeling, 4 two men step on shoulders and center grasp ankles, 5 head stands, hold about a minute, 6 push away head stands, 7 side men step down, 8 center man down, 9 center bend front and release man from shoulders, 10 kneeling men to standing position, and 11 all face front at attention. These should be performed snappy and with energy.



FIGURE No. 13. A walking pyramid. Front men lock arms, rear men on outside place hands on shoulder of man in front. The rear men should be strong, as they have to bear most of the weight.

This pyramid may be changed to eight men standing, three kneeling on shoulders, then two and one on top. It is almost too difficult to walk in this position.



FIGURE No. 14. A number of these look good and are not difficult. In rows or circle.

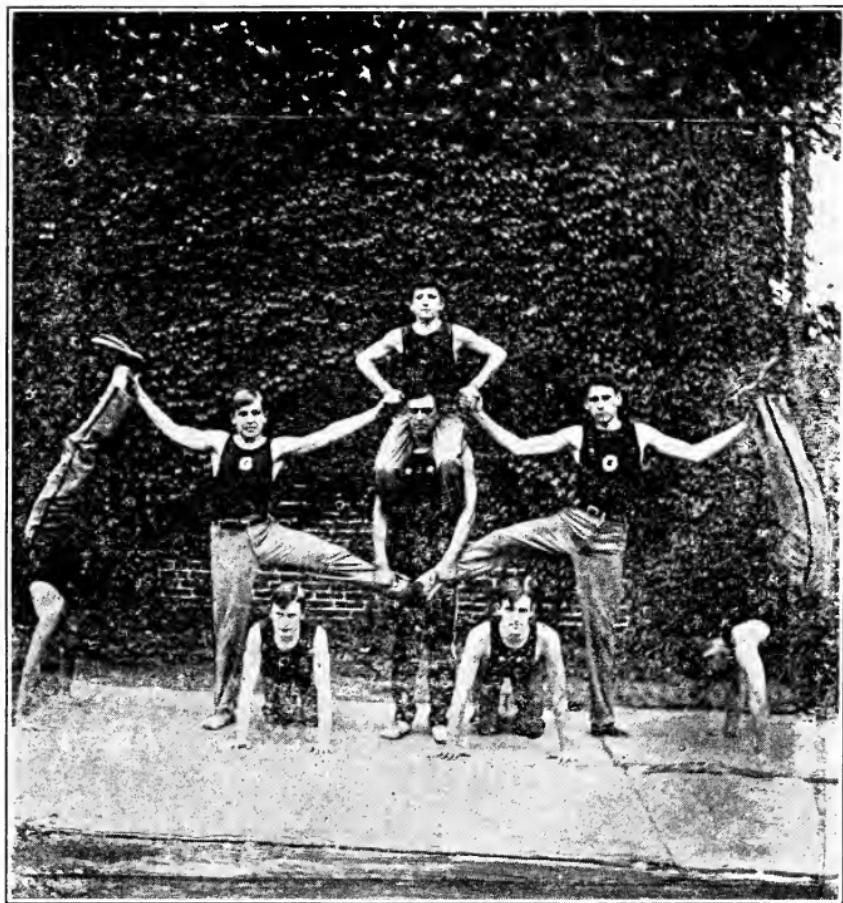


FIGURE No. 15. The most timid can build this pyramid. It should be the aim in all groups to have graceful lines. It looks more effective in this group to have the men whose legs are being held, incline the body more toward the hand stands, and grasp arms of the one sitting on shoulders rather than hands.



FIGURE No. 16. Have another person stand or sit on top.

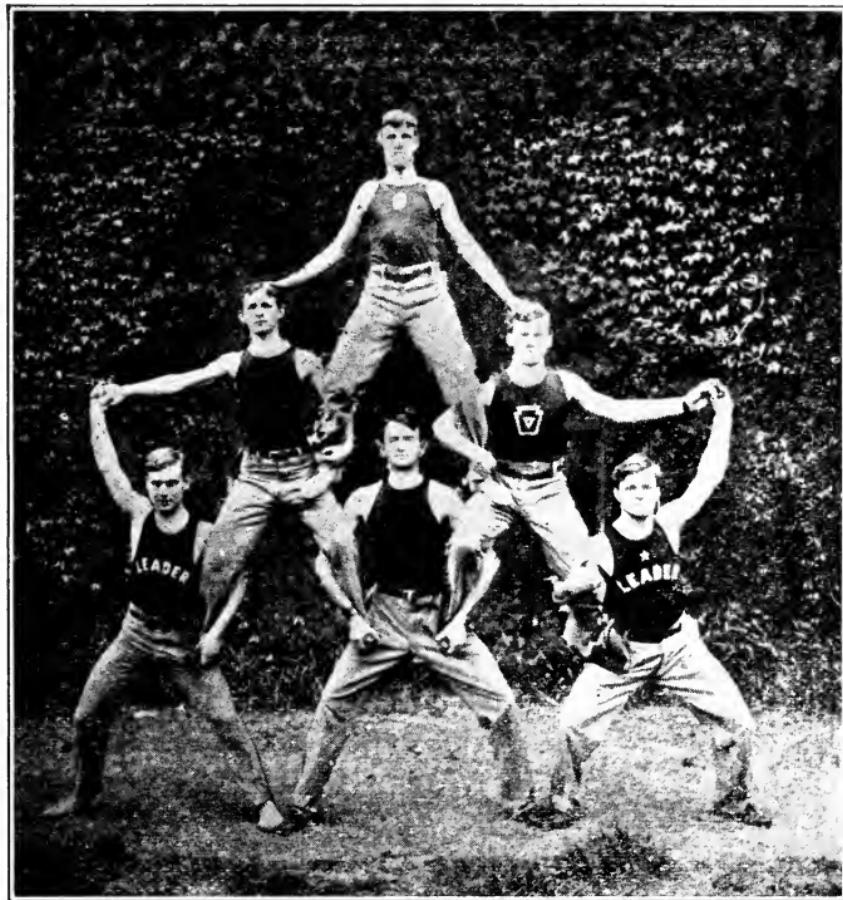


FIGURE No. 17. This group makes a good center piece for complicated pyramids.

It can also be built four high, three high on each side as in figure, two high at sides of three, then a man at each end, hands clasped behind head (head firm) and all squatting. The end men may face out and hold two men doing the hand balance.



FIGURE No. 18. This figure is somewhat like No. 17 and shows how one pyramid suggests another; in fact, there is no end to the possibility of pyramid building.

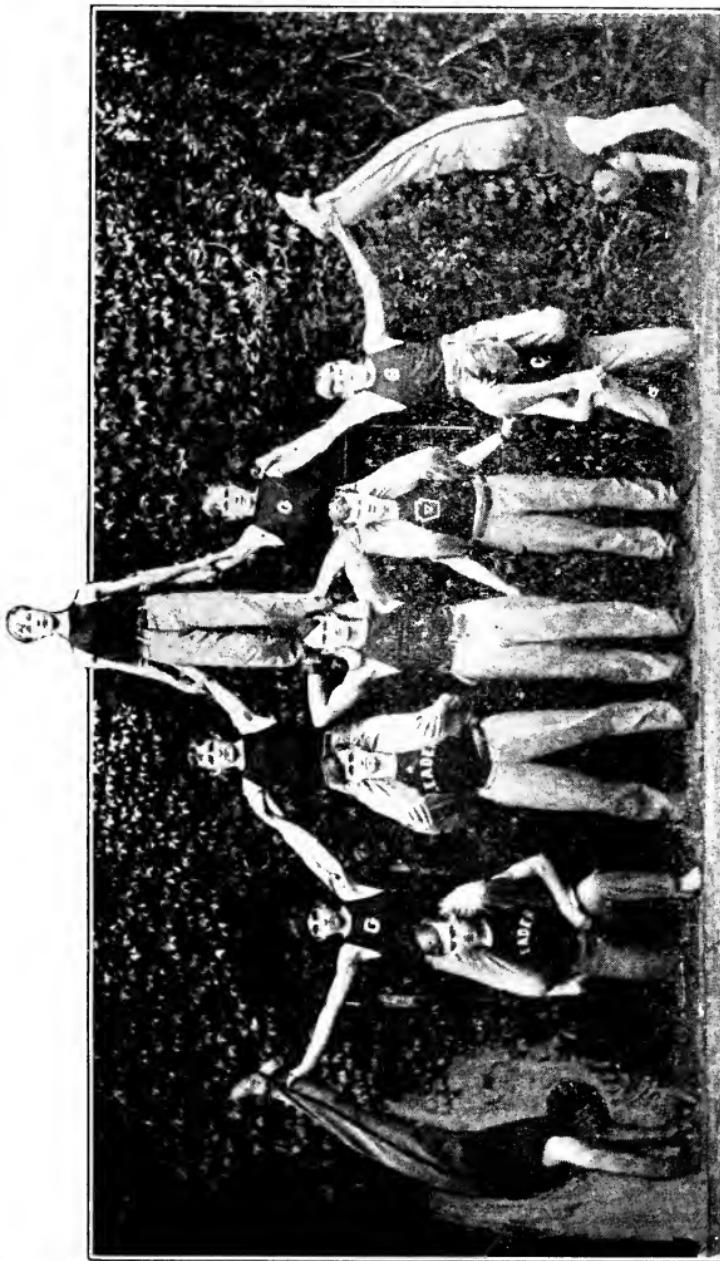


FIGURE No. 19. This group shows how counting can be done to good effect in the building of pyramids. Men stand at attention in about the position that they shall occupy in the pyramid. The men who are now standing and kneeling (except centre) on count 1, bend front and put heads between legs of men in front, 2 raise as in figure, 3 top man mounts on shoulders of centre, 4 hand stands at end, *hold, steady*; 5 push men in the hand balance away, 6 top man jumps front and front roll, 7 men kneeling and standing bend forward until those sitting are standing, 8 those standing perform front roll, 9 the remainder erect and fall forward rigid to front leaning rest, 10 jump to attention.

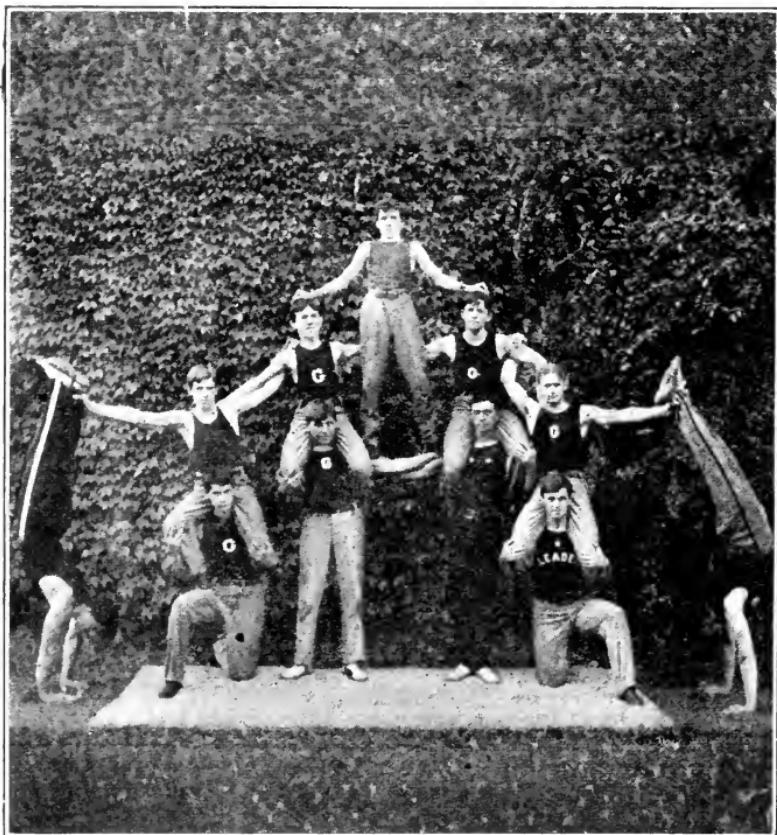


FIGURE No. 20. The right side of this group is too crowded. Try and have uniformity on both sides and plenty of room.



FIGURE No. 21. All kinds of combinations can be made with the smaller pyramids. For instance: Figure 21 for center piece and No. 22 at each side. If a director wishes to use great numbers of men in practice and exhibition it can be accomplished by a combination of small pyramids and looks well.

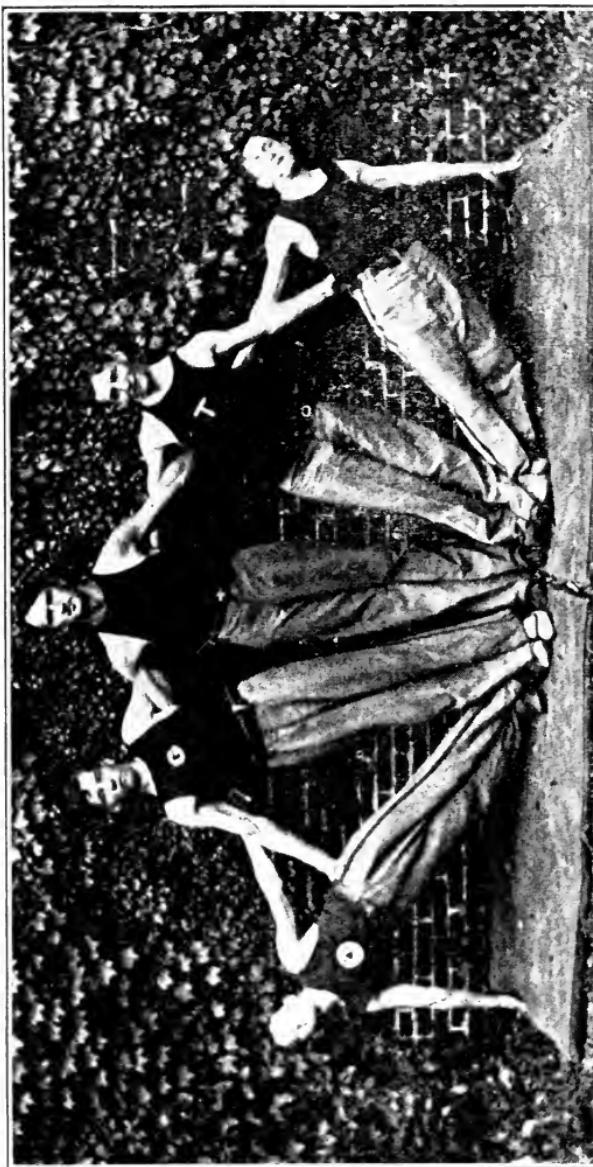


FIGURE NO. 22. It is well to give the group a name where one can. Call No. 22 The Human Fan. This makes a very pretty end for many pyramids; also by omitting the second and fourth men. It is easier to hold, in fact all can "drop" into this position at a signal if the centre man has a wooden ring in each hand for 1 and 5 to hold to. These small pyramids look very well if the performers are dressed as statues, posed on a revolving table with calcium light effects.

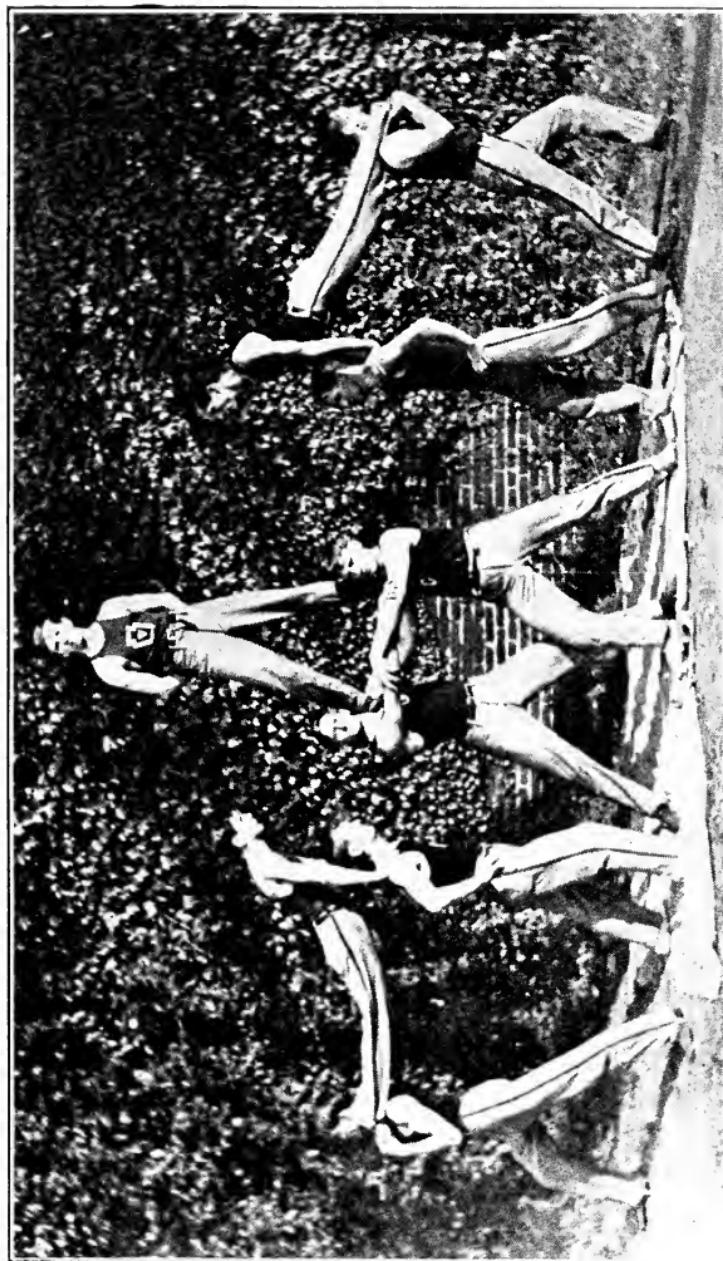


FIGURE No. 23. This is a very easy group to arrange and looks well, especially if the men get a good charge or fall-out position.

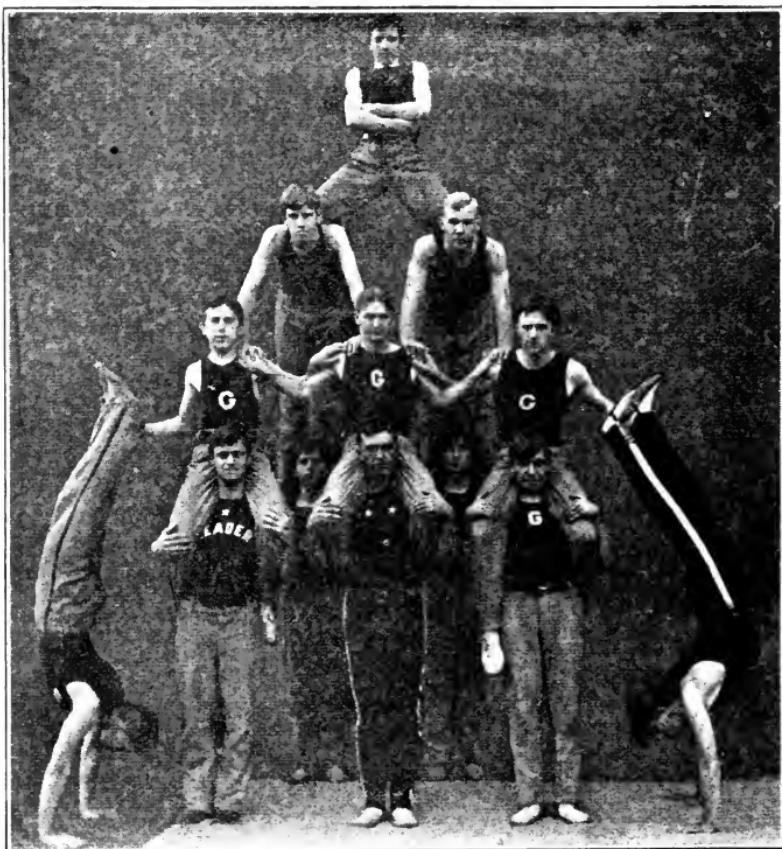


FIGURE No. 24. The men in front assist those in the rear. Omit the hand balances and it makes a nice center for one of the large pyramids.



FIGURE No. 25. The top man in this group is too heavy. Try and secure men who are light and agile for the top of all pyramids.

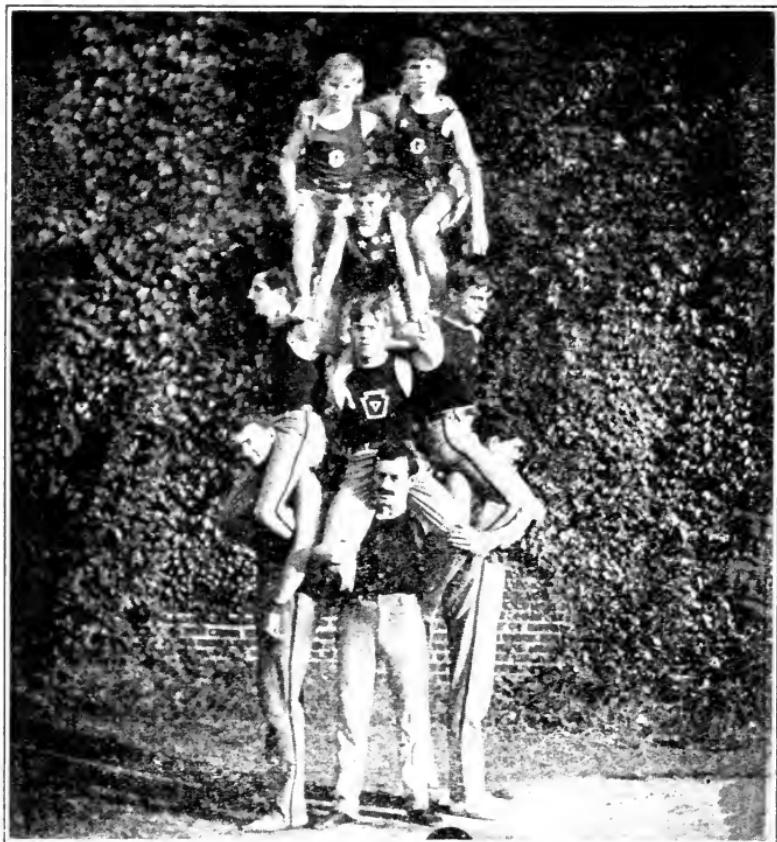


FIGURE No. 26. Four men on bottom, four sitting on shoulders, two standing on shoulders facing each other and hands placed on each other's shoulders, top man sitting on arms.

Build it as in illustration or with one sitting astride or standing on the back of the person kneeling.

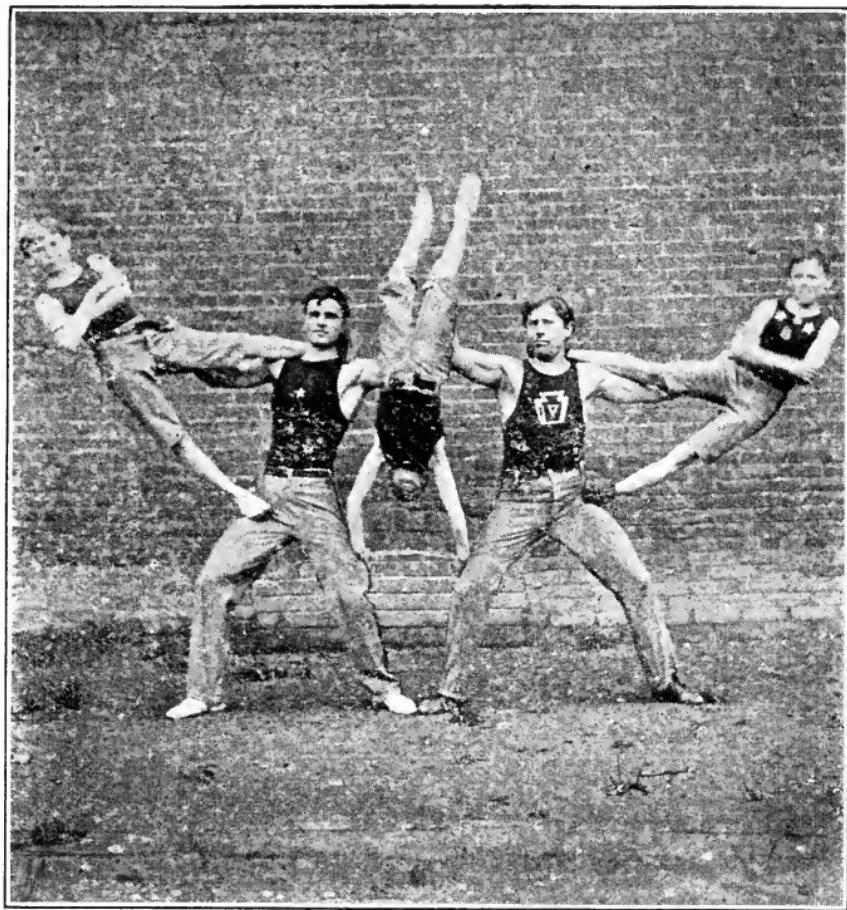


FIGURE 27. A hand balance as in figure, or stand on inside shoulders of ground men.

Instead of a hand balance, stand on thighs of ground men.

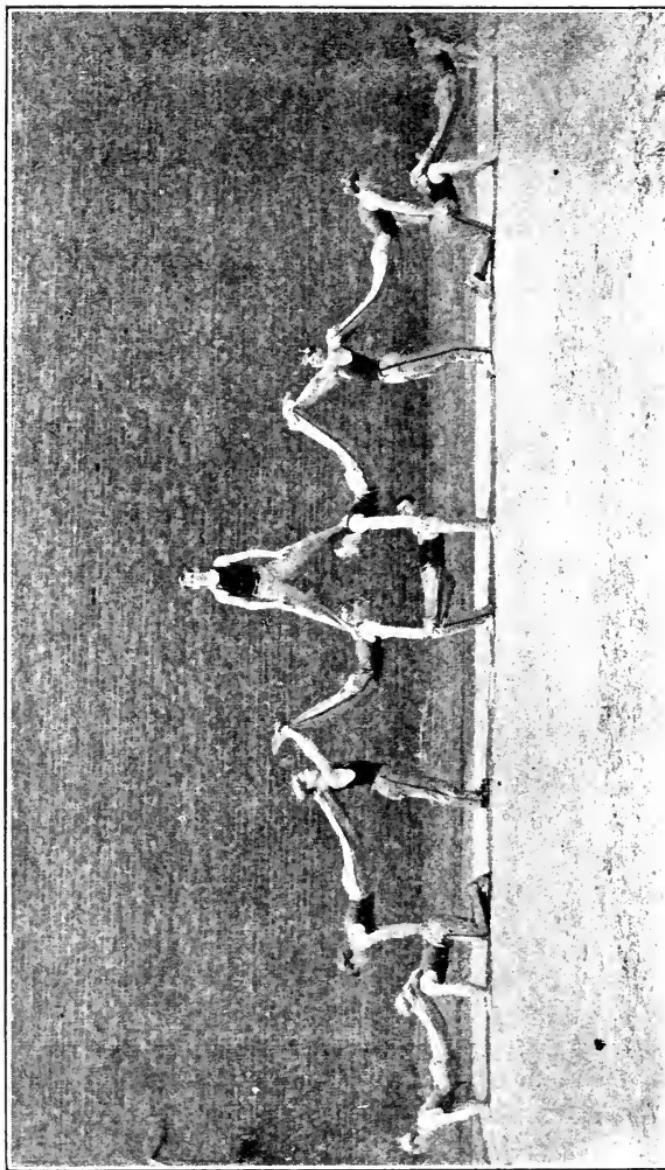


FIGURE No. 28. The human span; always looks graceful when backs are well arched.

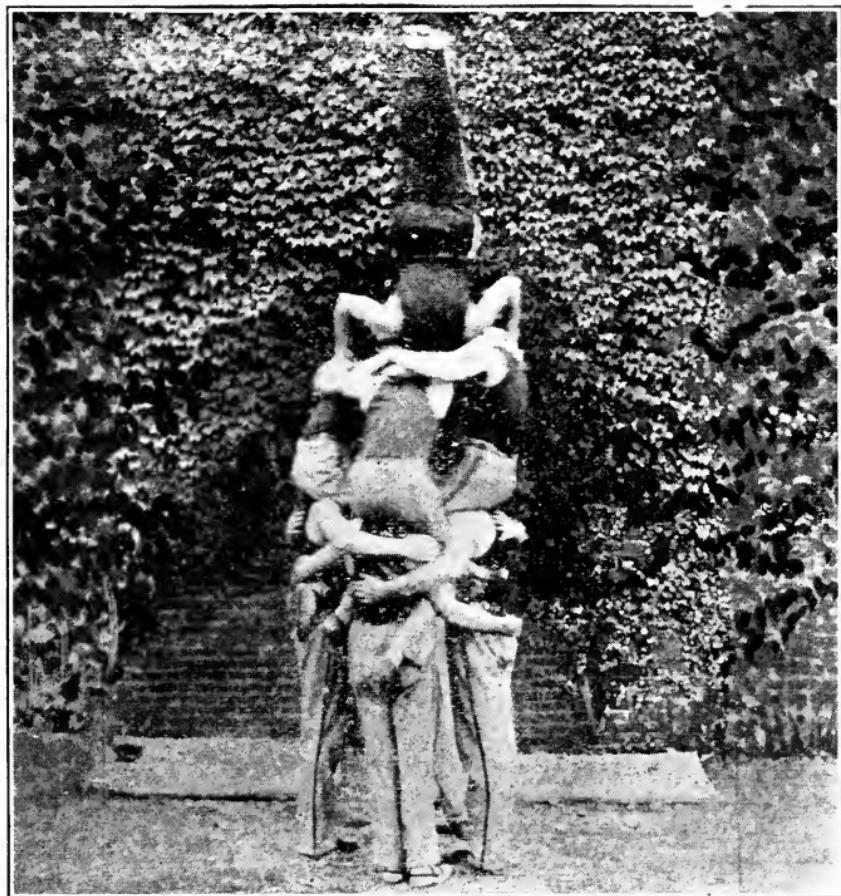


FIGURE No. 29. Three on bottom and three sitting makes the best showing in this pyramid. The men sitting put heads together and form basin for the head stand.



FIGURE No. 30. This group can be used as a center, and for the sides use either Nos. 3, 17, 22, or any of these three will alternate with No. 30.



FIGURE No. 31. In the successful building of pyramids a club should be formed and have a special time for meeting, as nothing can be accomplished unless the same men report for practice.



FIGURE No. 32. Good practice for a center or bottom man.

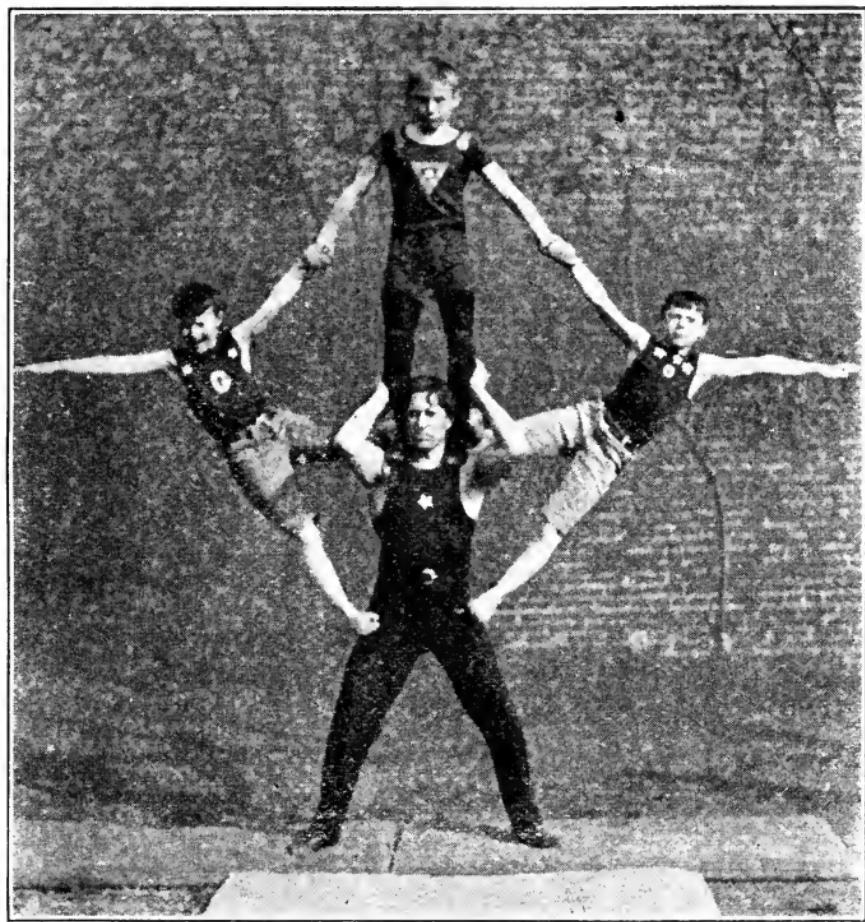


FIGURE No. 33. From No. 33 form No. 34 or No. 37. It takes "push" to get No. 37 from this position.

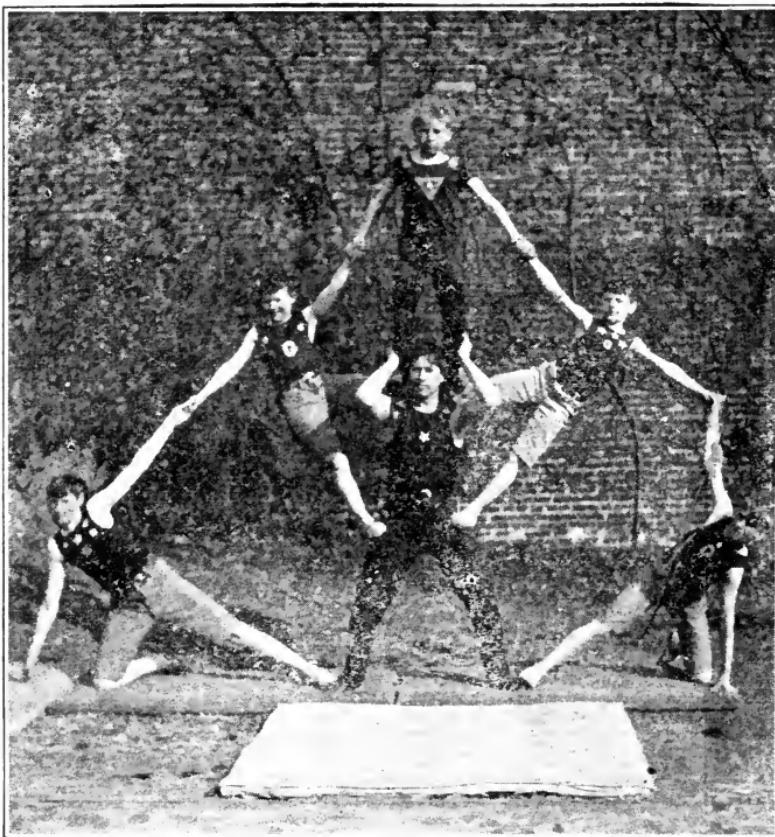


FIGURE No. 34. The boy on ground on the left has the correct position.



FIGURE No. 35. Figure No. 27 as a center, No. 35 at each side, makes an unusual looking formation. Men should bend a little more at the waist.



FIGURE No. 36. A good test of balance.



FIGURE No. 37. Center man revolve in a circle.

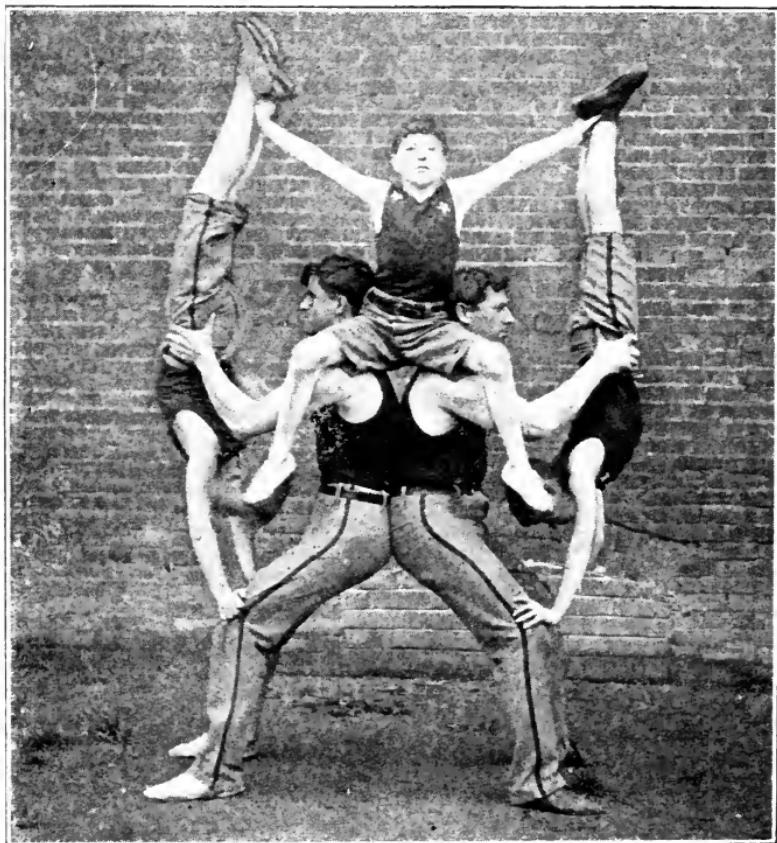


FIGURE No. 38. A "bracer."

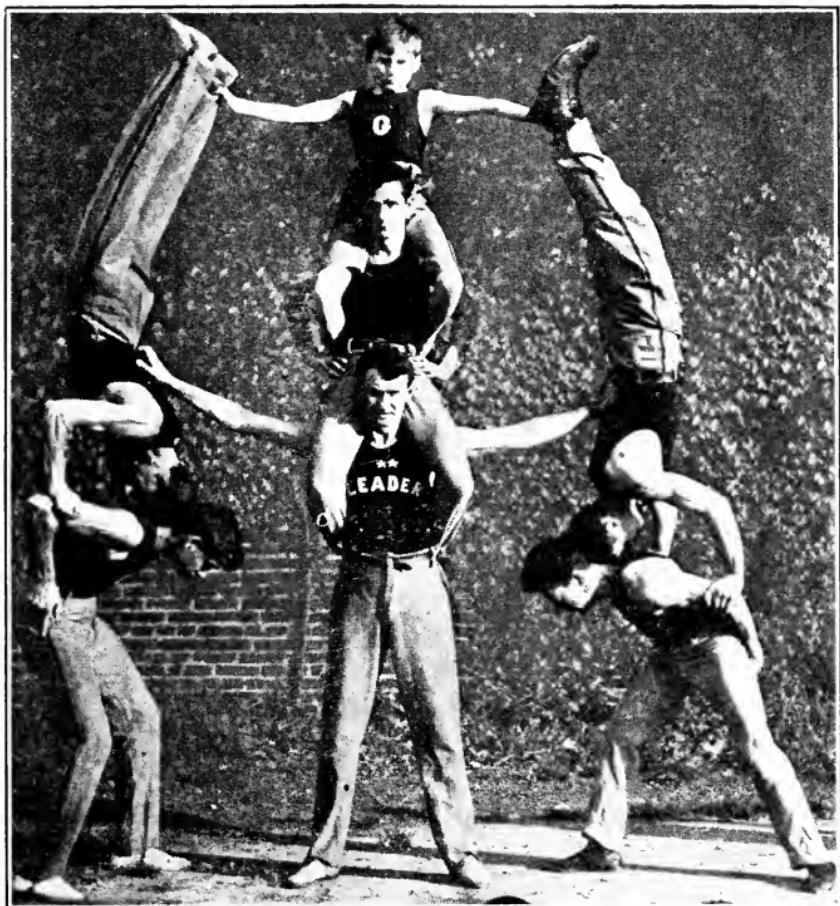


FIGURE No. 39. *Atlas outdone.*

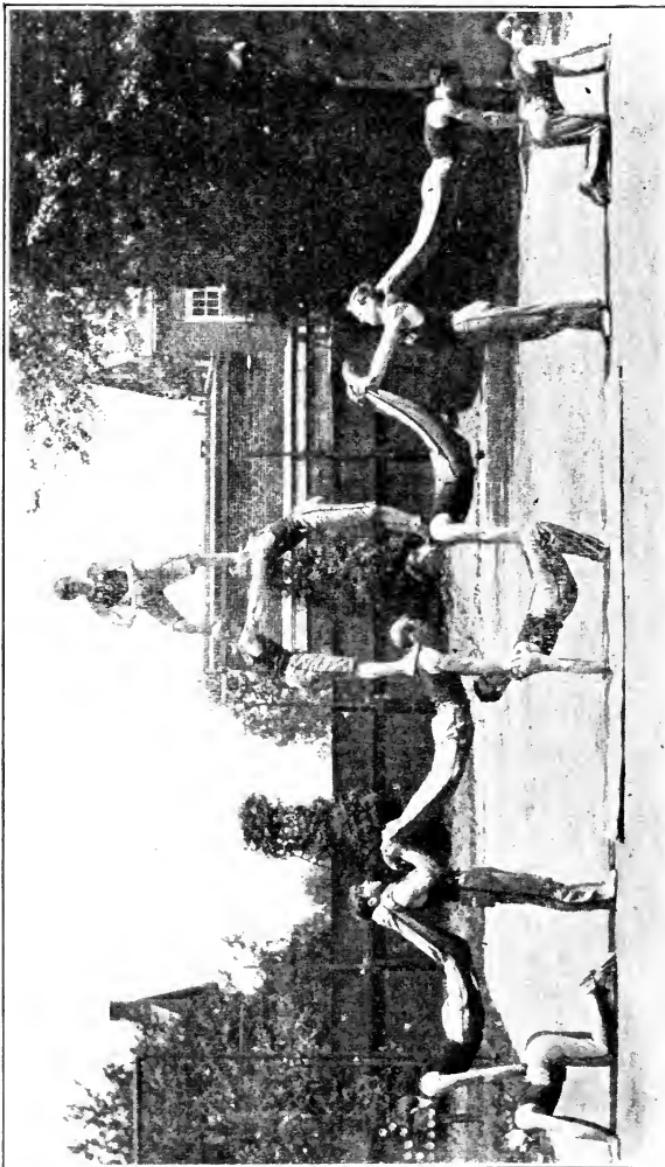


FIGURE No. 40. Another version of the Human Span.

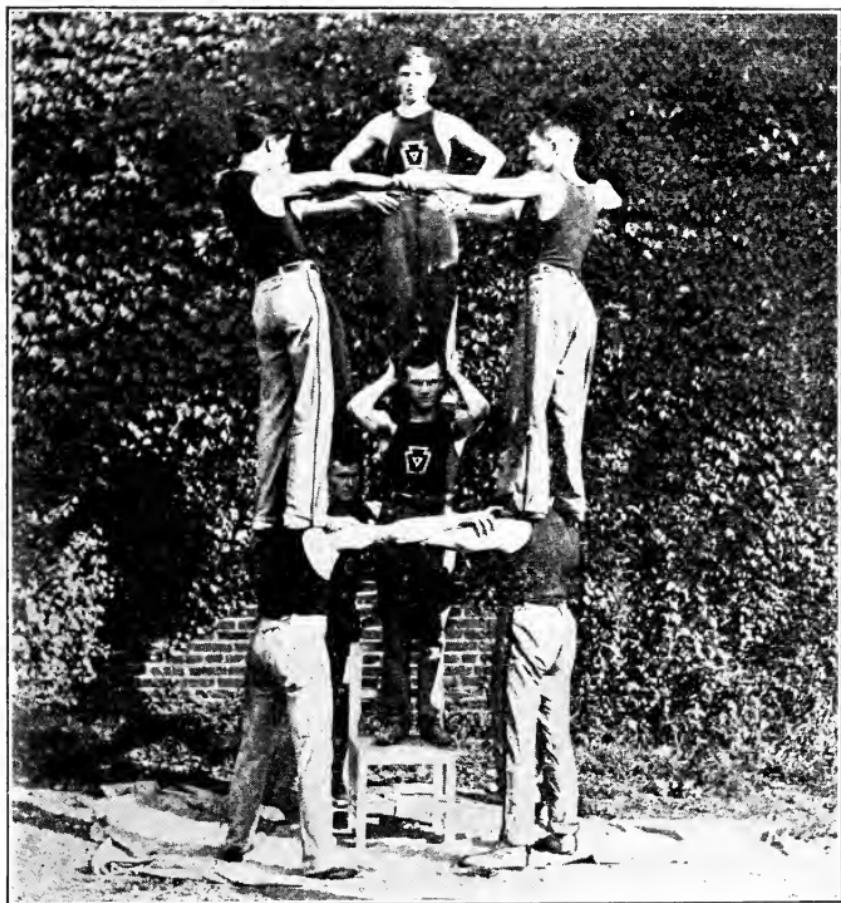


FIGURE No. 41. The four bottom men should be close together and the four top men spread out more and lean backward.



FIGURE No. 42. To form an excellent pyramid use No. 42 for right and left side. For a center, one man standing with one sitting on his shoulders. Another man sitting or standing on top. The man sitting on center's shoulders has his arms side horizontal to keep man who is standing on shoulders of the one who is doing a back leaning rest from falling backward.



FIGURE No. 43. When this pyramid is dismounting, top man drops in between or at side. At the command bottom men step backward and men on shoulders get close and drop in center.



FIGURE No. 44. This is a neat, well braced group.



FIGURE No. 45. This group might look better if the one kneeling on shoulders were facing front.



FIGURE No. 46. In dismounting bottom men step forward and perform a front roll.

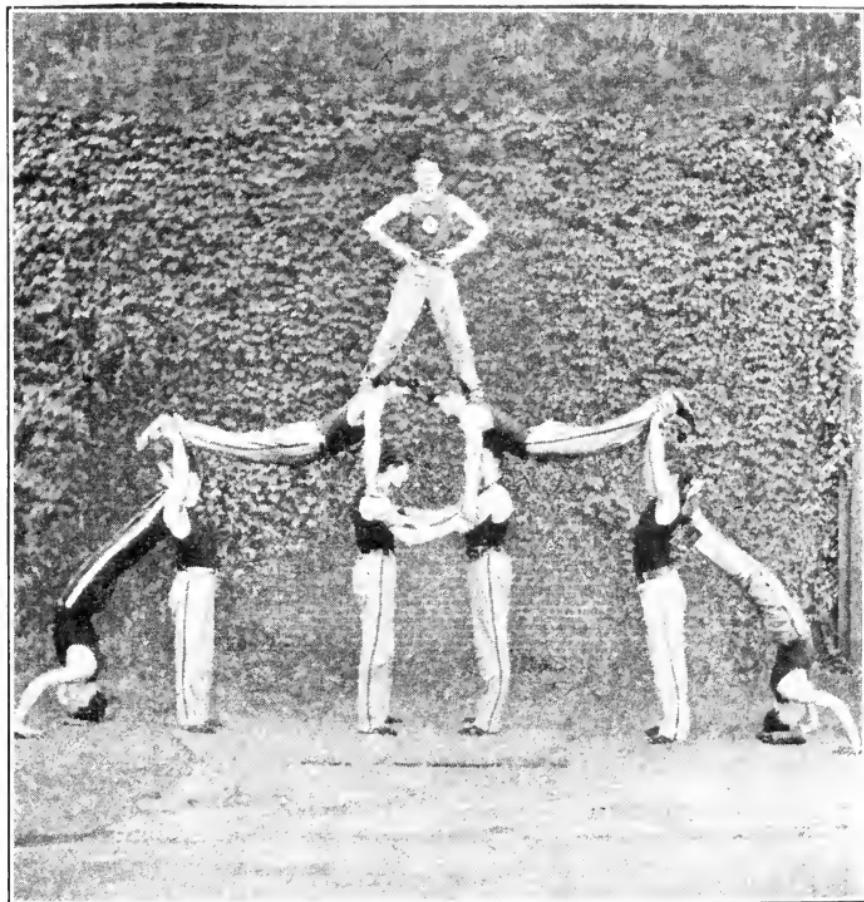


FIGURE No. 47. Two *strong* men can put their heads between the legs of those holding men in front leaning rest and raise them as in Figure No. 50.

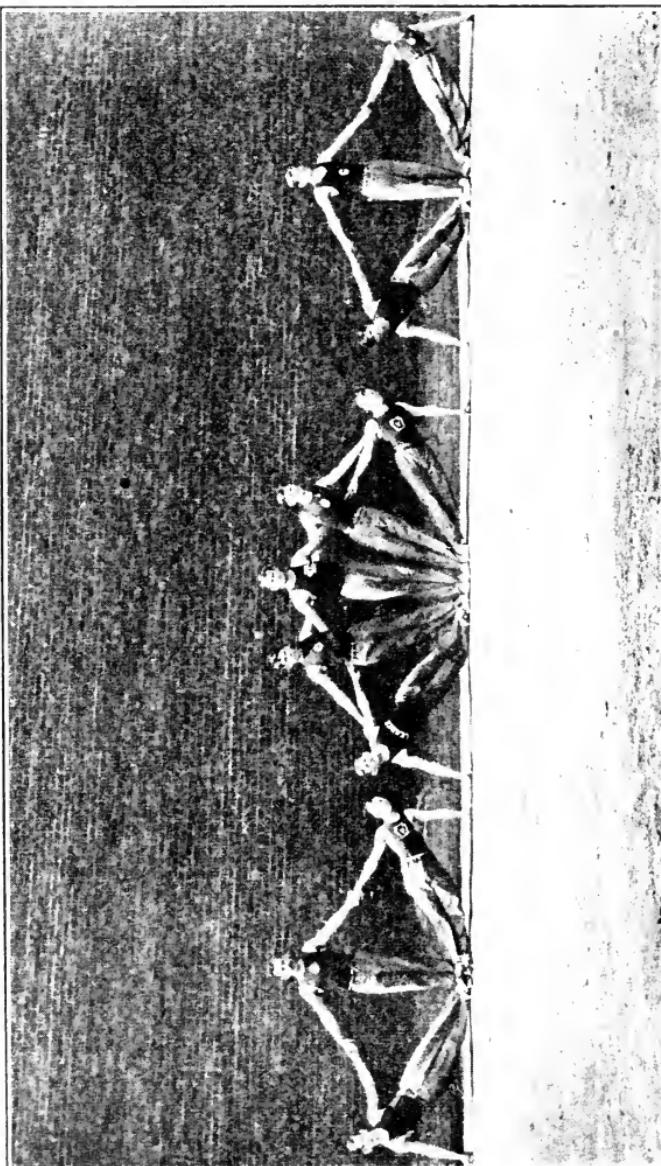


FIGURE No. 48. The fan.



FIGURE No. 49. At the shore.



FIGURE No. 50. "Move up the beach; you draw too large a crowd."

OFFICIAL RULES FOR ALL ATHLETIC SPORTS.

The following list contains the Group and the Number of the book of Spalding's Athletic Library in which the rules wanted are contained. See front pages of book for complete list of Spalding's Athletic Library.

EVENT.	Group	No.	EVENT.	Group	No.
All-Round Athletic Championship	12	182	Lawn Bowls	11	207
A. A. U. Athletic Rules	12	311	Lawn Games	11	188
A. A. U. Boxing Rules	12	311	Lawn Tennis	4	4
A. A. U. Gymnastic Rules	12	311	Obstacle Races	12	55
A. A. U. Water Polo Rules	12	311	Olympic Game Events—Marathon Race, Stone Throwing with Impetus, Spear Throwing, Hellenic Method of Throwing Discus, Discus, Greek Style for Youths	12	55
A. A. U. Wrestling Rules	12	311	Pin Ball	12	55
Archery	11	248	Playground Ball	1	306
Badminton	11	188	Polo (Equestrian)	10	199
Base Ball	1	1	Polo, Rugby	12	55
Indoor	9	9	Polo, Water (A. A. U.)	12	311
Basket Ball, Official	7	7	Potato Racing	12	311
Collegiate	7	312	Professional Racing, Shefield Rules	12	55
Women's	7	318	Public Schools Athletic League Athletic Rules, Girls' Branch; including Rules for School Games	12	313
Water	12	55	Push Ball	11	170
Basket Goal	12	188	Push Ball, Water	12	55
Bat Ball	12	55	Quoits	11	167
Betting	12	55	Racquets	11	194
Bowling	8	8	Revolver Shooting	12	55
Boxing—A. A. U., Marquis of Queensbury, London Prize Ring	14	162	Ring Hockey	6	180
Broadsword (mounted)	12	55	Roller Polo	10	10
Caledonian Games	12	55	Roller Skating Rink	10	10
Canoeing	13	23	Roque	11	271
Children's Games	11	189	Rowing	13	128
Court Tennis	11	194	Sack Racing	12	55
Cricket	3	3	Shuffleboard	12	55
Croquet	11	188	Skating	13	209
Curling	11	14	Skittles	12	55
Dog Racing	12	55	Snowshoeing	12	55
Fencing	14	165	Squash Racquets	11	194
Foot Ball	2	2	Swimming	13	177
Association (Soccer)	2	2 A	Tether Tennis	11	188
English Rugby	12	55	Three-Legged Race	12	55
Rugby (Ontario R. F. U., Quebec R. F. U., Canadian I. C. F. B. U.)	2	303	Volley Ball	6	188
Golf	5	5	Wall Scaling	12	55
Golf-Croquet	6	188	Walking	12	55
Hand Ball	11	13	Water Polo (American)	12	311
Hand Polo	10	188	Water Polo (English)	12	55
Hand Tennis	1	194	Wicket Polo	10	188
Hitch and Kick	12	55	Wrestling	14	236
Hockey... Ice	6	304	Y. M. C. A. All-Round Test	12	302
Field	6	6	Y. M. C. A. Athletic Rules	12	302
Garden	6	154	Y. M. C. A. Hand Ball Rules	12	302
Lawn	6	188	Y. M. C. A. Pentathlon Rules	12	302
Parlor	6	188	Y. M. C. A. Volley Ball Rules	12	302
Ring	12	55			
Ontario Hockey Ass'n	6	256			
Indoor Base Ball	9	9			
Intercollegiate A. A. A.	12	307			
Lacrosse	11	201			
U. S. I. C. Lacrosse League	11	305			



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EUGEN SANDOW, Patentee.

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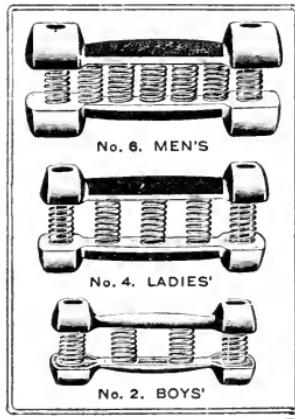
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★ **Colors, 4.75 Doz.**



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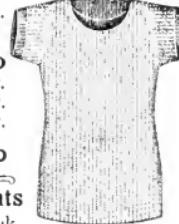
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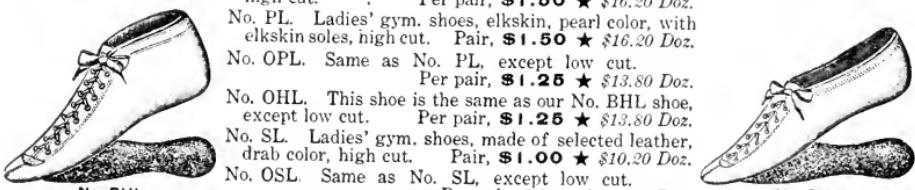
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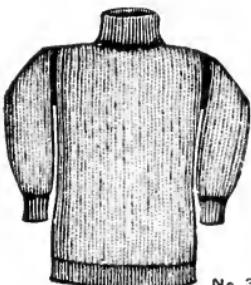
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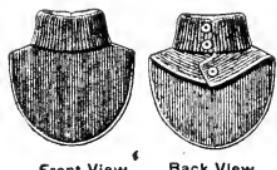
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No. **DJ.** Fine worsted, standard weight, pearl buttons, fine knit edging. Made in Gray, White and Sage Gray only.

Each, **\$5.00** ★ \$54.00 Doz.

No. **3J.** Standard weight wool, shaker knit, pearl buttons. In Gray or White only.

Each, **\$4.50** ★ \$48.00 Doz.



No. VGP

No. **VGP.** Best quality worsted, heavy weight, pearl buttons. Made up in Gray or White only. With pocket on either side

and a particularly convenient and popular style for golf players.

Each, **\$6.50** ★ \$75.00 Doz.

WITH POCKETS



No. BG

Spalding Vest Collar Sweaters

No. **BC.** Best quality worsted, good weight. Gray or White only, with extreme open or low neck.

Each, **\$5.50** ★ \$57.00 Doz.



No. 3JB

Boys' Jacket Sweater

No. **3JB.** This is an all wool jacket sweater, with pearl buttons; furnished in Gray only, and sizes from 30 to 36 inches chest measurement.

Each, **\$3.00** ★ \$33.00 Doz.

SPECIAL NOTICE—We will furnish any of the above solid color sweaters with one color body and another color (not striped) collar and cuffs in stock colors only at no extra charge. This does not apply to the No. 3JB Boys' Sweater.

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one half dozen or more. Quantity prices NOT allowed on items NOT marked with ★

Communications addressed to **A. G. SPALDING & BROS.** in any of the following cities will receive attention.

New York	Philadelphia	Washington	Atlanta	FOR STREET NUMBERS SEE INSIDE FRONT COVER OF THIS BOOK	Chicago	St. Louis	San Francisco
Boston	Pittsburg		New Orleans		Cincinnati	Kansas City	Seattle
Syracuse	Baltimore		Montreal, Canada	London, England	Cleveland	Denver	Minneapolis
Buffalo				Edinburgh, Scotland	Columbus	Detroit	St. Paul

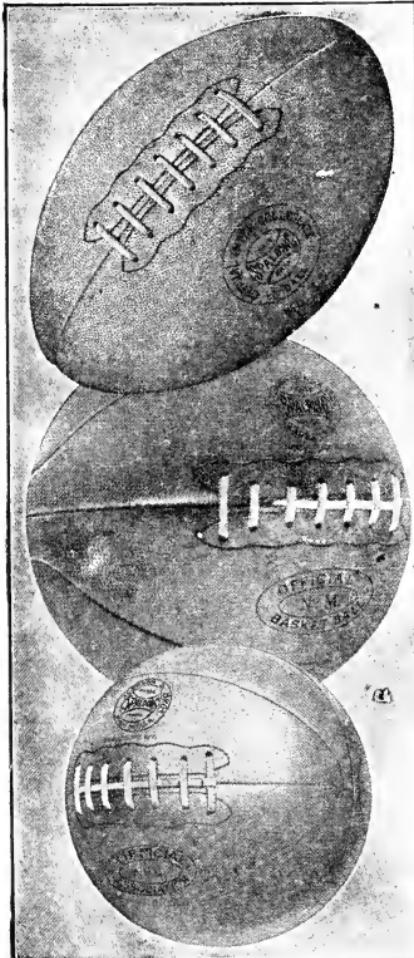
Prices in effect July 5, 1909. Subject to change without notice.

THE SPALDING
GUARANTEES
QUALITY



TRADE-MARK
ACCEPT NO
SUBSTITUTE

REG. U. S. PAT. OFF.



The Spalding Official Intercollegiate Foot Ball

No. **J5**. This is the only Official Rugby Foot Ball, and is used in every important match played in America. Guaranteed absolutely if seal of box is unbroken. We pack, with leather case and pure Para rubber bladder, an inflater, lacing needle and rawhide lace. Complete, **\$5.00**

The Spalding Official Basket Ball

No. **M**. Officially adopted and standard. The cover is made in four sections, with capless ends and of the finest and most carefully selected pebble grain English leather. We take the entire output of this high grade of leather from the English tanners, and in the Official Basket Ball use the choicest parts of each hide. The bladder is made specially for this ball of extra quality Para rubber. Each ball packed complete in sealed box. Complete, **\$6.00**

The Spalding Official Association Foot Ball

No. **L**. The case is constructed in four sections with capless ends, neat in appearance and very serviceable. Material and workmanship of highest quality and fully guaranteed. Each ball is packed complete in sealed box, with pure Para rubber guaranteed bladder, foot ball inflater, rawhide lace and lacing needle. Contents guaranteed if seal is unbroken. Complete, **\$5.00**

Communications addressed to

Montreal
Canada

A. G. SPALDING & BROS.

in any of the following cities will receive attention
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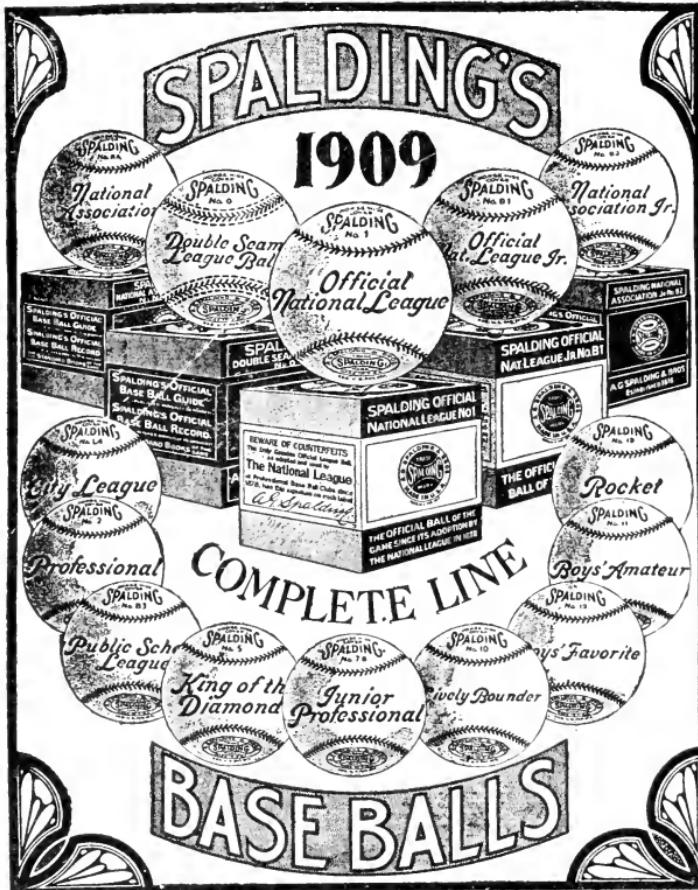
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Prices in effect January 5, 1909. Subject to change without notice.

THE SPALDING
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SPALDING OFFICIAL NATIONAL LEAGUE BALL

The Official Ball of the game for over 30 years. Adopted by the National League in 1878 and the only ball used in championship games since that time. No. 1. Each, \$1.25 Per dozen, \$15.00

SPALDING OFFICIAL NATIONAL LEAGUE JUNIOR

In every respect same as our Official National League Ball No. 1, except slightly smaller in size. Especially designed for junior clubs (composed of boys under 16 years of age) and all games in which this ball is used will be recognized as legal games. No. B1. Each, \$1.00

Spalding National Association Ball

No. NA. Made in exact accordance with the rules governing the National and American Leagues and all clubs under the National Agreement. Ea., \$1.00. Doz., \$12.00

Spalding National Association Jr.

No. B2. In every respect same as our National Association Ball No. NA, except slightly smaller in size. Each, 75c.

Spalding Public School League

No. B3. A well made junior size ball. Splendid for general practice by boys' teams. Each, 50c.

Spalding King of the Diamond

No. 5. Full size, of good material, horsehide cover. . . Each, 25c.

Spalding Junior Professional

No. 7B. Slightly under regular size, horsehide cover and very lively. Each, 25c.

Spalding Boys' Amateur Ball

No. 11. Nearly regulation size and weight, the best ball for the money on the market; one dozen balls in a box. . . . Each, 10c.

Spalding Double Seam League Ball

No. 0. Made with same care and of same material as our Official National League Ball. The double seam is used in its construction, rendering it doubly secure against ripping. Each, \$1.50 Doz., \$18.00

Spalding City League

No. L4. Full size and weight. Very well made and excellent for general practice. Ea., 75c. Doz., \$9.00

Spalding Professional

No. 2. Full size ball. Made of carefully selected material and first-class quality. . . . Each, 50c.

Spalding Lively Bounder

No. 10. Horsehide cover; the inside is all rubber, making it the liveliest ball ever offered at the price. Each, 25c.

Spalding Boys' Favorite

No. 12. A good boys' lively ball; two-piece cover. Packed one dozen balls in a box. Each, 10c.

Spalding Rocket Ball

No. 13. A good bounding ball; boys' size. One dozen balls in a box. Each, 5c.

London
England

A. G. SPALDING & BROS.

in any of the following cities will receive attention
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THE SPALDING
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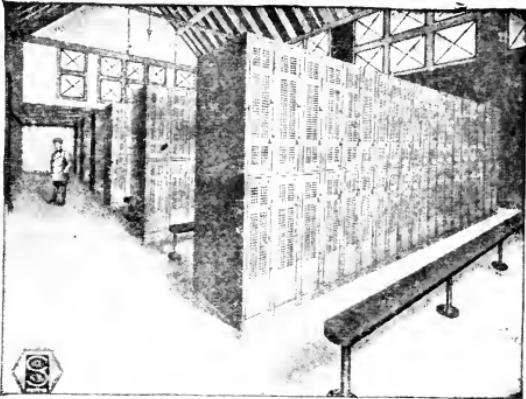
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Durand-Steel Lockers

Wooden lockers are objectionable, because they attract vermin, absorb odors, can be easily broken into, and are dangerous on account of fire.

Lockers made from wire mesh or expanded metal afford little security, as they can be easily entered with wire cutters. Clothes placed in them become covered with dust, and the lockers themselves present a poor appearance, resembling animal cages.

Durand-Steel Lockers are made of finest grade furniture steel and are finished with gloss black, furnace-baked japan (400°), comparable to that used on hospital ware, which will never flake off nor require refinishing, as do paints and enamels.

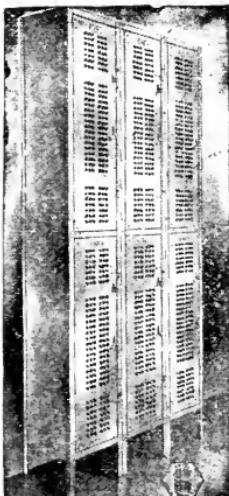


Some of the 6,000 Durand-Steel Lockers Installed in the Public Gymnasiums of Chicago. 12' x 15' x 42', Double Tier.

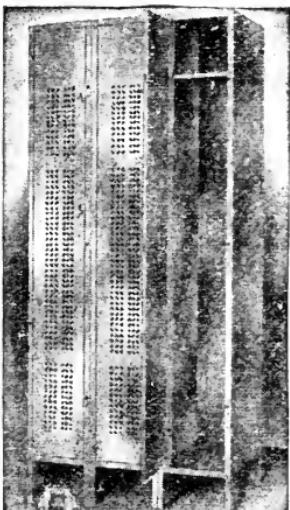
Durand-Steel Lockers are usually built with doors perforated full length in panel design with sides and backs solid. This prevents clothes in one locker

from coming in contact with wet garments in adjoining lockers, while plenty of ventilation is secured by having the door perforated its entire length, but, if the purchaser prefers, we perforate the backs also.

The cost of Durand-Steel Lockers is no more than that of first-class wooden lockers, and they last as long as the building, are sanitary, secure, and, in addition, are fire-proof.



Six Lockers in Double Tier



Three Lockers in Single Tier

THE FOLLOWING STANDARD SIZES ARE
THOSE MOST COMMONLY USED:

DOUBLE TIER

12 x 12 x 36 Inch

15 x 15 x 36 Inch

12 x 12 x 42 Inch

15 x 15 x 42 Inch

SINGLE TIER

12 x 12 x 60 Inch

15 x 15 x 60 Inch

12 x 12 x 72 Inch

15 x 15 x 72 Inch

SPECIAL SIZES MADE TO ORDER.

We are handling lockers as a special contract business, and shipment will in every case be made direct from the factory in Chicago. If you will let us know the number of lockers, size and arrangement, we shall be glad to take up, through correspondence, the matter of prices.

Communications
addressed to

A. G. SPALDING & BROS.

For street numbers see inside
front cover of this book

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Minneapolis
Seattle

Prices in Effect January 5, 1909. Subject to change without notice.

THE following index from Spalding's latest Catalogues will give an idea of the great variety of Athletic Goods manufactured by A. G. Spalding & Bros.

Ankle Brace, Skate	Gloves, Base Ball	Pad, Chamois, Fencing	Shoes, Skating
Archery	Gloves, Cricket	Pads, Foot Ball	Shoes, Squash
Ash Bars	Gloves, Fencing	Paint, Golf	Shoes, Tennis
Athletic Library	Gloves, Golf	Pants, Base Ball	Shot, Indoor
Attachments, Chest Weight	Gloves, Handball	Pants, Basket Ball	Shot, Massage
Bags, Bathing Suit	Gloves, Hockey	Pants, Boys' Knee	Skate Bags
Bags, Caddy	Glove Softener	Pants, Foot Ball	Skates, Hockey
Bags, Cricket	Goals, Basket Ball	Pants, Hockey	Skate Holders
Bags, Uniform	Goals, Cage, Polo	Pants, Roller Polo	Skates, Ice
Balls, Base	Goals, Foot Ball	Pants, Running	Skates, Racing
Balls, Basket	Goals, Hockey	Pistol, Starter's	Skates, Rink, Ice
Ball Cleaner, Golf	Golf Clubs	Plastrons, Fencing	Skate Rollers
Balls, Cricket	Golf Counters	Plates, Base Ball Shoe	Skates, Roller
Balls, Golf	Golfette	Plates, Home	Skates, Tubular
Balls, Playground	Grips, Athletic	Plates, Marking	Skate Straps
Balls, Squash	Grips, Golf	Plates, Pitchers' Box	Skins
Balls, Tennis	Guy Ropes and Pegs	Plates, Teeing	Sleeve Bands, College
Bandages, Elastic	Gymnasium, Home	Platforms, Striking Bag	Slippers, Bathing
Bar Bells	Gymnasium Board, Home	Poles, Ski	Snow Shoes
Bar Stalls		Poles, Vaulting	Squash Goods
Bars, Parallel	Hammers, Athletic	Polo, Roller, Goods	Standards, Vaulting
Bases, Base Ball	Handballs	Protector, Abdomen	Standards, Volley Ball
Bases, Indoor	Handle Cover, Rubber	Protector, Elbow	Starters' Pistol
Basket Ball Wear	Hangers for Indian Clubs	Protector, Polo	Steel Cable
Bathing Suits	Hats, University	Protection for Running Shoes	Sticks, Polo
Bats, Base Ball	Head Harness	Pucks, Hockey	Stockings
Bats, Cricket	Health Pull	Pushers, Chamois	Stop Boards
Bats, Indoor	Hob Nails	Puttees, Goll	Striking Bags
Batting Cage, Base Ball	Hockey Sticks	Quantity Prices	Studs, Goll
Belts	Hole Cutter, Golf	Quoits	Stumps and Bails
Bladders, Basket Ball	Hole Rim, Golf	Racket Covers	Suits, Union, Foot Ball
Bladders, Foot Ball	Horizontal Bars	Rackets, Lawn Tennis	Supporters
Bladders, Striking Bags	Hurdles, Safety	Racket Presses	Supporters, Ankle
Blades, Fencing	Indoor Base Ball	Rackets, Restrung	Supporters, Wrist
Blouses, Umpire	Indian Clubs	Rapiers	Suspensories
Boxing Gloves	Inflators, Foot Ball	Reels for Tennis Posts	Sweaters
Caddy Badges	Inflators, Striking Bag	Referees' Horns	Swimming Suits
Caps, Base Ball	Jackets, Fencing	Referees' Whistle	Swivel Striking Bags
Caps, University	Jackets, Foot Ball	Rings, Exercising	Swords, Fencing
Caps, Skull	Jackets, Swimming	Rings, Swinging	Swords, Duelling
Center Forks, Iron	Jerseys	Rowing Machines	Tackling Machine
Center Straps, Canvas	Knee Protectors	Roque	Take off Board
Chest Weights	Knickerbockers, Foot Ball	Scabbards for Skates	Tapes, Adhesive
Coats, Base Ball	Lace, Foot Ball	Score Board, Golf	Tapes, Marking
Collars, Swimming	Lanes for Sprints	Score Books, Base Ball	Tapes, Measuring
Combination Uniforms	Lawn Bowls	Score Books, Basket Ball	Tees, Golf
Corks, Running	Leg Guards, Cricket	Score Books, Cricket	Tennis Posts
Cricket Goods	Leg Guards, Foot Ball	Score Books, Golf	Tether Tennis
Croquet Goods	Leg Guards, Hockey	Score Books, Tennis	Tights
Cross Bars	Leg Guards, Polo	Scoring Tablets, Base Ball	Toboggans
Discus, Olympic	Letters, Embroidered	Seven-Foot Circle	Toboggan Cushions
Discs, Marking	Letters, Woven	Shin Guards, Association	Toboggan Toe Caps
Discs, Rubber Golf	Lockers, Durand-Steel	Shin Guards, Rugby	Toe Boards
Disks, Striking Bag	Mallet, Cricket	Shin Guards, Hockey	Toques
Dumb Bells	Markers, Tennis	Shin Guards, Polo	Trapeze, Adjustable
Emblems	Masks, Base Ball	Shirts, Base Ball	Trapeze, Single
Equestrian Polò	Masks, Fencing	Shirts, Basket Ball	Trousers, Y. M. C. A.
Exerciser, Home	Masks, Nose	Shirts, Sleeveless	Trunks, Bathing
Exhibition Clubs	Masseur, Abdominal	Shoes, Base Ball	Trunks, Velvet
Fencing Sticks	Mattresses	Shoes, Basket Ball	Trunks, Worsted
Field Hockey	Medicine Balls	Shoes, Bowling	Umpire Indicator
Finger Protection	Mitts, Base Ball	Shoes, Cross Country	Uniforms, Base Ball
Flags, College	Mitts, Handball	Shoe, Cricket	Varnish for Gut
Flags, Marking	Mitts, Striking Bag	Shoes, Fencing	Volley Balls
Foils, Fencing	Moccassins	Shoes, Foot Ball, Association	Water Polo Ball
Foot Balls, Association	Mouthpiece, Foot Ball	Shoes, Foot Ball, Rugby	Wands, Calisthenic
Foot Balls, Rugby	Needle, Lacing	Shoes, Golf	Watches, Stop
Foot Ball Goal Nets	Nets, Tennis	Shoes, Gymnasium	Water Wings
Foot Ball Timer	Net, Volley Ball	Shoes, Jumping	Weights, 56-lb.
Foul Flags	Numbers, Competitors	Shoes, Running	Whistles, Referees'
			Whitely Exerciser
			Wrist Machine

Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that, ten years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures his supply of Spalding Athletic Goods direct from the manufacturer under a restricted retail price arrangement by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

FIRST—The user is assured of genuine Official Standard Athletic Goods, and the same fixed prices to everybody

SECOND—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are required to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

Positively, nobody; not even officers, managers, salesmen or other employes of A. G. Spalding & Bros., or any of their relatives or personal friends, can buy Spalding Athletic Goods at a discount from the regular catalogue prices.

This, briefly, is the "Spalding Policy," which has already been in successful operation for the past ten years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By *A. G. Spalding*

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